

TODAY'S PAPER INSIDE

express

JULY 24, 2012 | A PUBLICATION OF *The Washington Post*

ADVERTISEMENT



Abstinence has a high failure rate.

CATHOLICS
FOR
CHOICE

Good Catholics Use Condoms
www.Condoms4Life.org

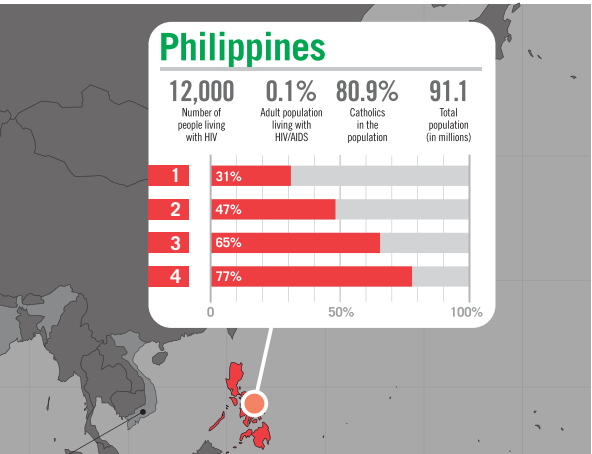
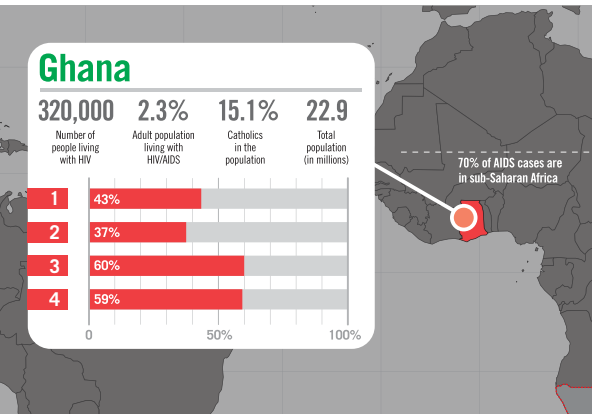
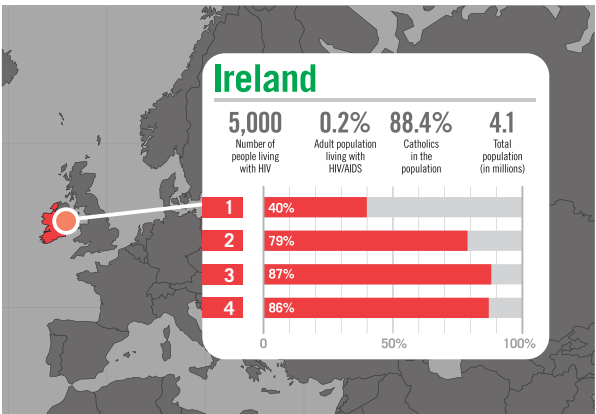
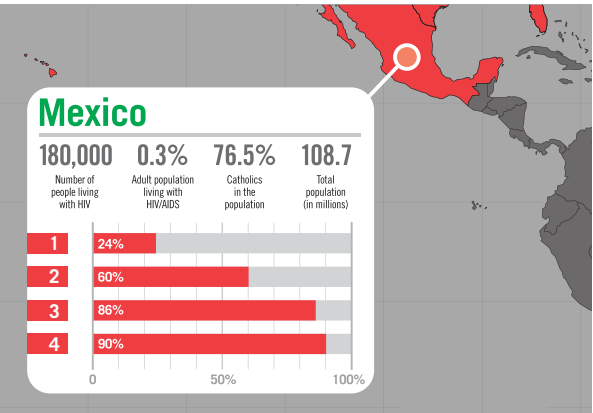
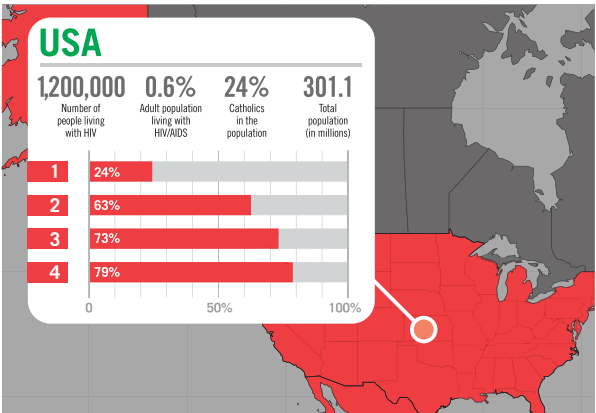
Catholics Support the Use of Condoms to Prevent HIV

In November 2010, Pope Benedict XVI said that using condoms to reduce the risk of HIV can be “a first assumption of responsibility” and “a more human way of living sexuality.”

Catholics worldwide have made it clear they would like to take this affirmation of condoms even further.

We asked Catholics in Ghana, Ireland, Mexico, the Philippines and the United States 4 questions:

- 1
- Have you ever heard a Catholic priest or bishop speak out against the use of condoms?
- 2
- Should the Catholic hierarchy’s position rejecting condom use for any reason, including preventing the spread of HIV, be changed?
- 3
- Should Catholic hospitals and clinics with government-funded AIDS prevention programs be required to include condoms?
- 4
- Is using condoms prolife because it helps save lives by preventing the spread of HIV?



CATHOLICS
FOR
CHOICE

Good Catholics Use Condoms
www.Condoms4Life.org

express

www.expressnightout.com

LIPOSUCTION-TUMMYTUCK.COM
Unwanted Fat Removed Permanently!
FREE Diet Management
FREE B12 Shots
0 Down, 0 Interest, 100% Financing
Gov't/Military Discounts
No Credit Check/Guaranteed Financing
Payment plans

Before
After

vita
SURGICAL GROUP
www.vitasurgical.com
202.452.1332 24th and I St., NW
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
301.738.6766 Oxon Hill

**SPECIAL
ENDS
SOON!**

Tuesday

JULY 24, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



PAYING THE PRICE

Penn State football is hit with crippling NCAA sanctions **13**

GO FOR GOLD

Pretend to be an Olympian with two area exercise classes **20**



TRAILBLAZER

Sally Ride, the first U.S. woman in space, dies of cancer at 61 **3**



The world gets a disturbing first look at accused Colorado killer James Holmes **11**



FOR EXTENDED FORECAST, SEE PAGE 35

eo

eye openers

MISCOMMUNICATION

Bears' Attempt at Date Night Goes Awry at Pittsburgh Mall

Officials say a second bear has been spotted at the suburban Pittsburgh mall where another bear was captured after getting stuck inside a department store. The latest bear emerged near an Olive Garden restaurant at the Pittsburgh Mills mall — less than two hours after officials tranquilized the first bear. State game officials were trying to catch the animal Monday. (AP)

“It was a sweaty experience and it didn’t help having an extra 10 pounds of clothing on, but now I’m hooked.”

— **DOUGLAS GOWIN**, A 57-YEAR-OLD SANTA FROM D.C. SPEAKING MONDAY AFTER A ZUMBA CLASS AT THIS YEAR’S WORLD SANTA CONGRESS. THE FOUR-DAY EVENT BRINGS ST. NICKS FROM AROUND THE GLOBE TO COPENHAGEN AND NOW INCLUDES MORE WORKOUTS ON THE ITINERARY. (AP)

STATEMENTS

Owner Removes Topiary, Places It Outside Town Hall

A man in England is refusing to remove a giant topiary that’s in the shape of a hand with an extended middle finger. Richard Jackson from Warton said he never meant to upset anyone with the bush, but the town council is asking him to remove it. Jackson refused and launched a “Save the Bush” campaign. (EXPRESS)

The Big Picture

ANDY NEWMAN / FLORIDA KEYS NEWS BUREAU/AP



THE OLD MAN IN A SEA OF LOOK-ALIKES: Greg Fawcett, center, gets a congratulatory kiss from Matt Gineo, right, after being crowned the winner of the 2012 “Papa” Hemingway Look-Alike Contest on Saturday in Key West, Fla. Gineo was the winner for 2011. Fawcett of Cornelius, N.C., was chosen over 139 other contestants, who, at the very least, will surely find jobs come Christmas.

Let your Smile Shine

Dr. Kumra, DDS • Dr. Margarita, DDS

► **FREE** Whitening For New Patients! ◀

ROSSLYN

DENTAL CENTER • 703-807-0808

1901 N. Moore Street #501 • Rosslyn, VA 22209

www.rosslyndentalcenter.com



EYE STREET

DENTAL CENTER • 202-223-3536

1712 Eye St. #812 • Washington, DC 20006

www.eyestreetdentalcenter.com

\$350 Off Invisalign, Braces or Implants

\$300 Off Crowns, or Veneers

FREE Consultation

10% Off with this ad



Stained & Chipped



LUMINEERS
BY CERINATE

invisalign

NASA Pioneer Sally Ride Dies

First U.S. woman in space, 61, loses her battle with cancer

Washington

Sally Ride, who blazed trails into orbit as the first American woman in space, died Monday of pancreatic cancer. She was 61.

Ride died at her home in the San Diego suburb of La Jolla, said Terry McEntee, a spokeswoman for her company, Sally Ride Science. She was a private person and the details of her illness were kept to just a few people, she said.

Ride rode into space on the space shuttle Challenger in 1983 when she was 32. After her flight, more than 42 other American women flew in space, NASA said.

"Sally was a national hero and a powerful role model. She inspired generations of young girls to reach for the stars," President Obama said in a statement.

NASA Administrator Charles Bolden, a former astronaut, said Ride "broke barriers ... and literally changed the face of America's



The first female American in space, Sally Ride, monitors control panels in 1983 from the pilot's chair on the shuttle Columbia flight deck. Ride died of cancer at 61.

"[Sally Ride] became a symbol of the ability of women to break barriers."

— STATEMENT ON THE WEBSITE FOR SALLY RIDE SCIENCE, A COMPANY SHE STARTED TO HELP TEACH STUDENTS ABOUT SCIENCE, MATH AND TECHNOLOGY

space program."

Ride was a physicist, writer of five science books for children and president of her own company. She had also been a professor of physics at the University of California in San Diego.

She was selected as an astronaut candidate in 1978, the same year she earned her doctorate in physics

Lasting Legacy

Sally Ride flew in space twice, in 1983 and 1984, both times on Challenger, logging 343 hours in space. A third flight was cancelled when Challenger exploded in 1986. One of Ride's last legacies was allowing middle school students to take their own pictures of the moon using cameras aboard NASA's twin Grail spacecraft in a project spearheaded by her company, Sally Ride Science. (AP)

from Stanford University. She beat out five women to be the first American female in space. Her first flight came two decades after the Soviets sent a woman into space

"On launch day, there was so much excitement," Ride recalled in a NASA interview for the 25th anniversary of her flight in 2008. "I came to appreciate what an honor it was to be selected to be the first to get a chance to go into space."

Ride's office said she is survived by Tam O'Shaughnessy, her partner of 27 years; her mother, Joyce; her sister, Bear, a niece and a nephew. SETH BORENSTEIN (AP)

In Brief

PORTLAND, MAINE

Navy: Submarine Worker Set Fire to Leave Early

A civilian laborer set a fire that caused \$400 million in damage to a nuclear-powered submarine in May because he wanted to leave work early, Navy investigators said Monday. Casey James Fury, 24, set a second blaze June 16 and faces up to life in prison. (AP)

MCALLEN, TEXAS

Truck Crash Kills 14

A pickup truck with 23 illegal immigrants from Mexico and Central America veered off a highway and crashed into trees in rural Texas, killing at least 14 people and injuring 9, authorities said Tuesday. (AP)

NEW YORK

Dow Jones Drops Again

Stocks fell for a second straight day amid fears that Spain's government may need a bailout. The Dow Jones industrial average was down 101 to 12,721 at the close Monday. (AP)

29,339

The amount of ground beef, in pounds, that Cargill Beef recalled Monday from Hannaford Supermarkets, a Maine-based chain, because it may contain salmonella. (AP)



Mixed Signals: A radio signal from a submarine base is likely behind several reports of garage doors failing to work in southeastern Connecticut, the U.S. Navy said Monday. The same frequency signal used by manufacturers of garage door openers is part of the Enterprise Land Mobile Radio system, which is used by the military to coordinate responses with civil emergency workers, blocking the doors' signals to open or close. (AP)

Find the Best Local Jobs



dcjobs.com
Live here. Work here.™

Visit our website for job fairs, job tips, and podcasts.



It's Back!

You can get from
DC to Annapolis
Mon - Sat!



Our Mission is Simple. Provide an Efficient, Clean and Safer Commute between Annapolis and the New Carrollton Metro Station via Route 50 Corridor. Our Staff are Dedicated, Reliable and Committed to serving you, our customers. Getting you to your Destination is our Utmost Priority. Look for more information on our website at :

YTS online.net

BOTOX *199/3 unit*

Dysport \$199
Guaranteed Results
Laser Hair Removal of
Upperlip/Chin \$45
Latisse \$99
Spider Vein/Venous Vein Removal
Restylane/Juvaderm
MiniLift, Radiesse & Sculptura
All procedures performed by a Physician
DC 202-452-1332 MD 301-738-6766
VA 703-533-1025
www.vitasurgical.com

**SPECIAL
ENDS
SOON!**

vita
NATURAL ARTISTRY

THE TAILORED MAN EST. 1969

HONG KONG CUSTOM TAILORS

Suits: \$550, Shirts: \$65

5243 Duke Street, Alexandria, VA
Tel: 703-751-7868
www.tailoredman.com

Nation

\$150M Pledged for AIDS

U.S. to donate extra funds to fight disease in poor countries

Washington

Science now has the tools to slash the spread of HIV even without a vaccine — and the U.S. is donating an extra \$150 million to help poor countries make use of them, the Obama administration told the world's largest AIDS conference Monday.

"We want to get to the end of AIDS," said HIV researcher Dr. Anthony Fauci of the National Institutes of Health.

How long it takes depends on how quickly the world can adopt those tools, he said — including getting more of the millions of untreated people onto life-saving drugs that come with the bonus of keeping them from infecting others.

"I am here today to make it absolutely clear the U.S. is committed and will remain committed to achieving an AIDS-free generation."

— SECRETARY OF STATE HILLARY CLINTON, SPEAKING MONDAY TO THE MORE THAN 20,000 SCIENTISTS, PEOPLE LIVING WITH HIV AND POLICYMAKERS ASSEMBLED FOR THE INTERNATIONAL AIDS CONFERENCE IN D.C.

"No promises, no dates, but we know it can happen," Fauci told the International AIDS Conference.

Some 34.2 million people worldwide are living with HIV, and 2.5 million were infected last year.

Secretary of State Hillary Clinton said the goal is an AIDS-free generation. That would mean no babies would be born infected, young people would have a much lower risk than today of becoming infected and people who already have HIV would receive life-saving drugs so they wouldn't develop AIDS or spread the virus.

Much of the AIDS conference is

focused on how to get treatment to all people with HIV, because good treatment can cut by 96 percent their chances of spreading the virus to sexual partners.

A tougher issue is how best to reach particularly high-risk populations: gay and bisexual men, sex workers and injecting drug users. In many countries, stigma and laws that make their activities illegal drive many away from programs that could teach them how to reduce their risk, Clinton said.

"If we want to save more lives, we need to go where the virus is," she said. LAURAN NEERGAARD (AP)

4.86M The number of people who had confidential, secret and top-secret security clearances in 2011 — up from 4.7 million people in 2010 — officials reported to Congress on Monday. (AP)

WARNING: Alcohol Ruins Lives

DO YOU HAVE ALCOHOL AND ANXIETY PROBLEMS?

You may be eligible for a research study testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

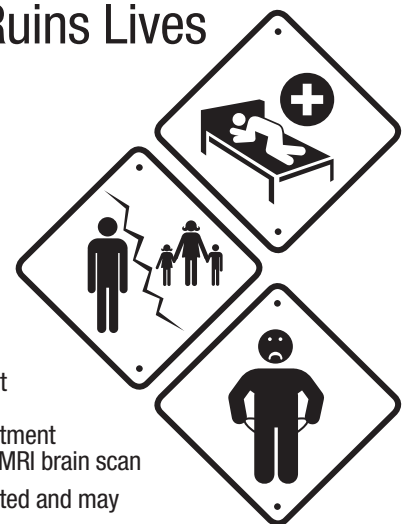
You may be eligible for the study if you:

- Are 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:

- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance.



**WE
NEED
YOU**

Call now for a confidential screening:
1-800-535-8254

TTY: 1-866-411-1010
www.clinicaltrials.gov



BECOME AN EXTRAORDINARY LEADER



KEY EXECUTIVE LEADERSHIP MPA

THE KEY EXPERIENCE PROVIDES
AN OPPORTUNITY TO:

- increase leadership competencies
- learn collaboratively
- work with leading scholar/practitioners
- learn from a cohort of high-performing peers
- increase your knowledge of public administration and policy

INFO SESSION

WED JULY 25
12:00 PM

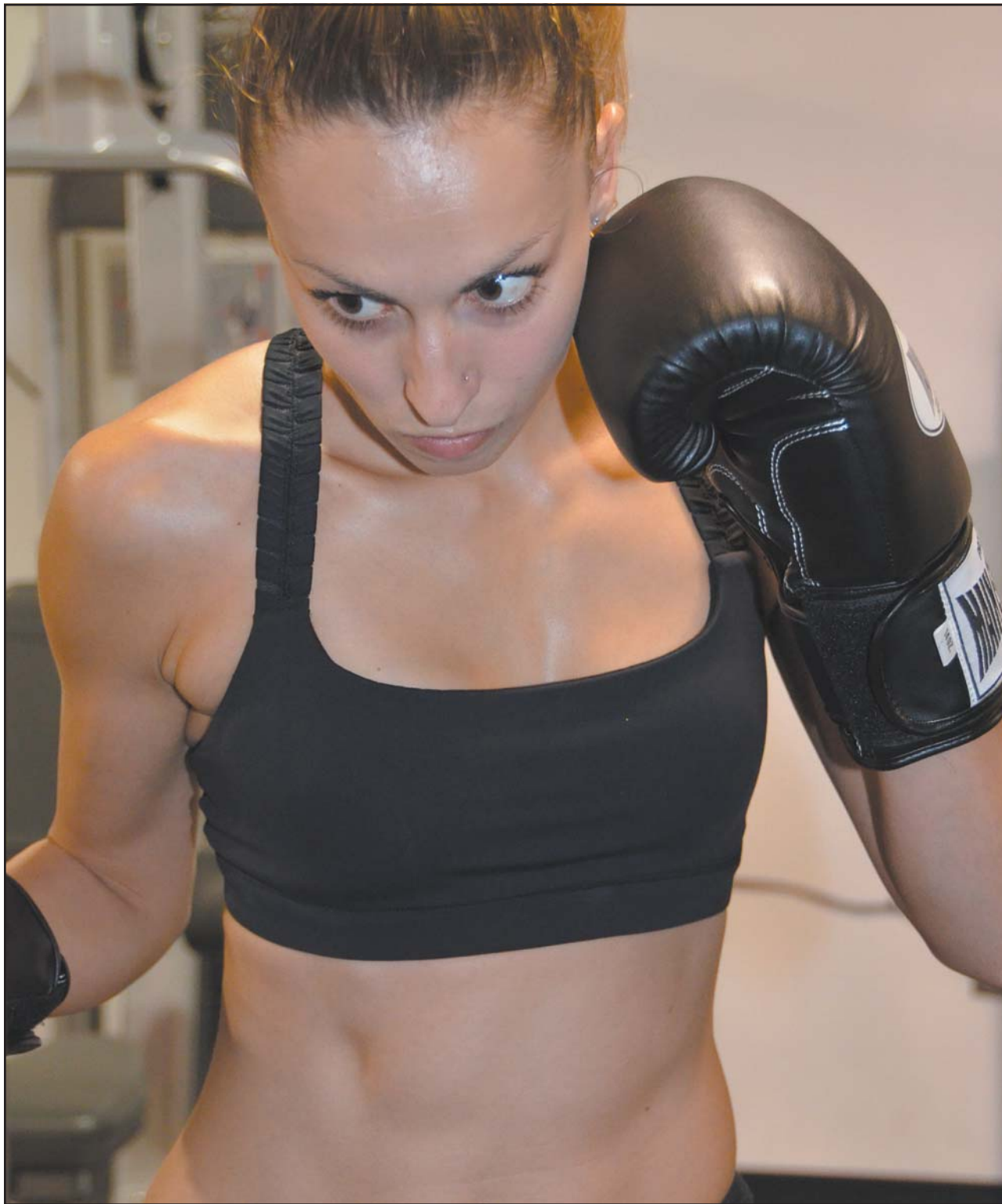
NATIONAL ACADEMY OF PUBLIC ADMINISTRATION
900 7TH ST NW, SUITE 600, WASHINGTON, D.C.

For more info or
to RSVP contact:
202-885-3217 or
key@american.edu
american.edu/spa/key



SCHOOL of PUBLIC AFFAIRS
AMERICAN UNIVERSITY ★ WASHINGTON, D.C.





LOSE WEIGHT

GAIN CONFIDENCE

BUILD SELF-ESTEEM

EMPOWER ONESELF

**Try Our
1000-Calorie
Boxing/
Kickboxing
Workout
Free!**

**facebook.com
/laboxingdmv**



- If you are in need of a slim-fast miracle, this is the workout for you!
- Each workout proven to burn 800-1000 calories per hour
- For every 3000 calories burned, you could lose up to 1 LB of fat*
- Lose 30 LBS in 10 weeks or less

www.laboxing.com

ARLINGTON • ALEXANDRIA • BETHESDA • COLUMBIA • GEORGETOWN • ROCKVILLE

* in conjunction with proper diet

World

In Brief

ISLAMABAD

Officials: U.S. Drones Kill 9 Suspected Insurgents

U.S. drones fired on a compound owned by powerful militant leader Sadiq Noor in northwest Pakistan, killing nine suspected insurgents, Pakistani officials said Monday. It was unclear whether Noor was present during the attack. (AP)

LONDON

100 New Claims Emerge In U.K. Hacking Scandal

British police are investigating new tabloids in the country's phone hacking scandal, including the Trinity Mirror PLC newspaper group and the U.K.'s Express Newspapers, an official said Monday. More than 100 new claims of "data intrusion" also are being probed. (AP)

HAVANA

Cubans Mourn Activist

Cuban dissidents vowed to press ahead with their fight for more political and civil rights Monday after the death of prominent activist Oswaldo Paya in a car crash Sunday. Foreign governments sent messages of condolence. (AP)



Iraqis collect their belongings Monday after a series of bombings in the town of Taji in northeastern Iraq that killed 41 people.

110 Killed in Iraq Attacks

Country left reeling in wake of bloodiest violence in 2 years

Baghdad

A startling spasm of violence shook more than a dozen Iraqi cities Monday, killing more than 100 people in coordinated bombings and shootings and wounding twice as many in the country's deadliest day in

more than two years.

The attacks came only days after the Iraqi wing of al-Qaeda said it would attempt a comeback with a new offensive, though there was no immediate claim of responsibility for Monday's attacks.

Many of Monday's attacks were stunning in their scope and boldness. They bore the hallmarks of al-Qaeda, happening within a few hours of one another and striking mainly at security forces, officials

"Terrorists are opening another gate of hell for us."

— KAMIRAN KARIM, WHO WAS INJURED IN A BLAST IN THE NORTHERN IRAQI CITY OF KIRKUK ON MONDAY

and Shiite neighborhoods.

In one assault, three carloads of gunmen pulled up at an Iraqi army base near the town of Udam and

Backstory

So far this summer, militants linked to al-Qaeda have claimed responsibility for a steady drumbeat of attacks in Iraq designed to keep the government off balance as it struggles to overcome a power struggle that pits Sunni and Kurdish leaders against the Shiite prime minister. The infighting, which escalated after the U.S. military withdrew in December, has all but paralyzed the government and deepened sectarian unrest. (AP)

opened fire, killing 13 soldiers, two police officials said.

In another, a car bomb exploded outside a government office in Sadr City, the poor, sprawling Shiite neighborhood in northeast Baghdad. Sixteen people died.

The deadliest attack, however, took place in Taji, where a double bombing killed at least 41 people.

The death toll of at least 110 was the worst for a single day in Iraq since May 10, 2010, when a string of nationwide attacks killed at least 119 people. The breadth of Monday's bloodshed harkened back to the worst days of Iraq's sectarian fighting in 2007. LARA JAKES (AP)

Women: Is Your Drinking Causing Problems? Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

There is a chance of receiving placebo (an inactive sugar pill).

There is no cost to participate and participants will be compensated.

Call: 301-496-1993

TTY: 1-866-411-1010

www.clinicaltrials.gov

Study #: 10-AA-0046



NIH CLINICAL CENTER
National Institutes
of Health

NIAAA
National Institute on Alcohol
Abuse and Alcoholism

**DO
YOU
USE
MARIJUANA?**



You're needed for **RESEARCH STUDIES** if you use **MARIJUANA** and are **18-45** years old.

These studies may help us figure out how marijuana affects the body, the brain, and behavior.

- Participants are paid for time and travel
- No cost to participate
- Studies take place in east Baltimore

Call today for a confidential screening.

1-800-535-8254

www.ResearchStudies.DrugAbuse.gov



NIDA
NATIONAL INSTITUTE
ON DRUG ABUSE

**WE
NEED
YOU**

Hearsay



“We will continue to travel as tourists — in Israel and in Bulgaria and wherever else we wish.”

— STAS MISEZHNIKOV, ISRAEL'S TOURISM MINISTER, SAYING MONDAY THAT THE SUICIDE BOMBING THAT KILLED SIX PEOPLE, FIVE OF THEM ISRAELIS, IN A BULGARIAN RESORT LAST WEEK WILL NOT STOP ISRAELIS FROM TRAVELING

Syria Warns of Chemical Weapons

Regime threatens to unleash arsenal if foreign forces attack

Beirut

Syria threatened Monday to unleash its chemical and biological weapons if the country faces a foreign attack, a desperate warning from a regime that has failed to crush a powerful and strengthening rebellion.

The statement — Syria's first-ever acknowledgement that the country possesses weapons of mass destruction — suggests President Bashar Assad will continue the fight to stay in power.

Meanwhile ...

Syrian security forces in Damascus appeared to display more control in videos posted online by activists Monday. The videos showed militia sweeping through areas once held by rebels. It was a different story in the city of Aleppo, however, where the Britain-based Syria Observatory reported fierce fighting. (AP)

Syria is believed to have nerve agents as well as mustard gas, Scud missiles capable of delivering these lethal chemicals and a variety of advanced conventional arms.

Foreign Ministry spokesman Jihad Makdissi stressed Monday

that the weapons are secure and would only be used in the case of an external attack.

“No chemical or biological weapons will ever be used, and I repeat, will never be used, during the crisis in Syria no matter what the developments inside Syria,” he said.

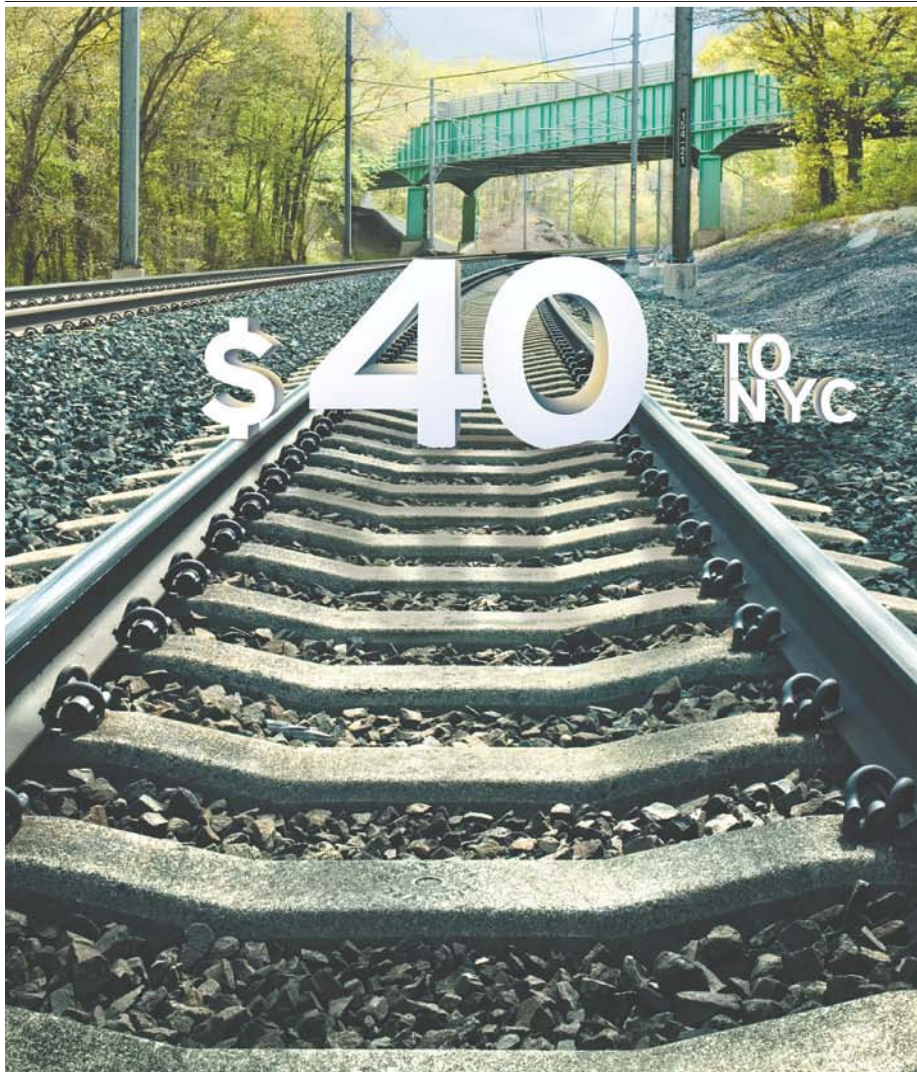
The Syrian government later tried to back off from the announcement, sending an amendment to the statement Makdissi read. The amendment said “all of these types of weapons — IF ANY — are in storage and under security.” It was an attempt to return to Damascus' position of neither confirming nor denying the existence of unconventional weapons. (AP)

Devotion in Pakistan



MOHAMMAD SAJJAD/AP

WORSHIPPERS pray and read at a mosque in Peshawar, Pakistan, on Monday, the third day of the Muslim holy month of Ramadan. Followers do not eat, drink or smoke from sunrise to sunset during the holiday.



NORTHEAST
REGIONAL

GONE QUICKER THAN A SNOW CONE IN JULY.

ONLY ON NORTHEAST REGIONAL

JULY 24 → JULY 26 ONLY

For three days only, we're offering super low fares so you can get away for less. Right now, you can get \$40 fares to New York City when you book your trip on Northeast RegionalSM July 24 - 26 for travel September 11 - October 4. But you'll have to hurry. As always, there are no added fees. Limited seating. Book now only at Amtrak.com

AMTRAK.COM

AMTRAK[®]
Enjoy the journey.®

This offer is exclusively available at www.Amtrak.com. This offer is valid for sale between 24JUL12- 26JUL12 and valid for travel between 11SEP12- 04OCT12. This offer is valid for travel on the Northeast Regional train service only. This special offer is valid for travel between Washington, DC and New York, NY only. Seating is limited; seats may not be available on all trains at all times. Once ticketed, fares are non-refundable; exchanges are permitted prior to the original travel date. The discounted fares are valid for all passengers; no additional discounts apply. This offer is valid for Coach seats only; no Business class upgrades permitted. This offer is not combinable with any other discount offer. In addition to the discount restrictions this offer is also subject to any restrictions, blackouts and refund rules that apply to the type of fare purchased. Fares, routes and schedules are subject to change without notice. Once travel has begun, no changes to the itinerary are permitted. Other restrictions may apply. Amtrak, Enjoy the journey and Northeast Regional are service marks of the National Railroad Passenger Corporation.

GW COLLEGE OF PROFESSIONAL STUDIES ARLINGTON

MASTER'S DEGREE AND GRADUATE CERTIFICATES LANDSCAPE DESIGN & SUSTAINABLE LANDSCAPES

Turn your passion into a marketable career. With an emphasis on small-scale landscape design, our programs enjoy a strong reputation in the area's landscape and horticulture industry.

Stackable credentials.

Depending on your experience, our certificates can stand alone, or both may be stacked together for a master's degree in Landscape Design.

Convenient. Courses meet evenings and weekends in our new Arlington, Virginia location and in local gardens.

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradapply

Information Session

**Thursday, August 2
6:30pm**

950 N. Glebe Rd., 6th Floor
Arlington, VA 22203
Metro: Orange Line to Ballston

Rsvp Today!

703.248.2800
www.nearyou.gwu.edu/landscape



Dreaming about finishing your degree?

- Evening, online, and accelerated bachelor's degrees in management, IT, interdisciplinary studies, social science, or social work
- Metrorail convenience
- Tuition discounts and scholarships available

Plus, learn how you can start working toward your master's while finishing your bachelor's degree!

INFORMATION SESSION: Thursday, August 2, 5:30–7p.m.

For more information and to Rsvp, email metropolitan@cua.edu, visit <http://metro.cua.edu>, or call 202-319-5256.

THE CATHOLIC UNIVERSITY OF AMERICA
Metropolitan School of Professional Studies



Catholic University admits students of any race, color, national or ethnic origin, sex, age, or disability. If you need accommodations for a disability, contact us at the phone number listed above.

BECOME AN EXTRAORDINARY LEADER



KEY EXECUTIVE LEADERSHIP MPA

THE KEY EXPERIENCE PROVIDES
AN OPPORTUNITY TO:

- increase leadership competencies
- learn collaboratively
- work with leading scholar/practitioners
- learn from a cohort of high-performing peers
- increase your knowledge of public administration and policy

INFO SESSION

**WED JULY 25
12:00 PM**

NATIONAL ACADEMY OF PUBLIC ADMINISTRATION
900 7TH ST NW, SUITE 600, WASHINGTON, D.C.

For more info or
to RSVP contact:
202-885-3217 or
key@american.edu
american.edu/spa/key



SCHOOL of PUBLIC AFFAIRS
AMERICAN UNIVERSITY ★ WASHINGTON, D.C.





FREE IPHONE APP
AVAILABLE NOW AT
THE ITUNES STORE

Too Hot to Handle on Metro

Q Why does Metro have its policy of closing off hot cars? Passengers would not be trapped in a hot car for the duration of their ride — they are fully able to move to a new car when the train is in a station. Closing hot cars instead contributes to overcrowding in the other cars.

Metro's best policy would be: Don't have air conditioners that break down when it gets hot. But the way things are right now, I think Metro is wise to close off hot cars, for the sake of people's health.

When I was riding around last week, I did see more people recognize a hot car, turn around and find

another one. And I did see cars that were uncrowded, one of the tell-tale signs of a problem with the air. But I also saw many crowded cars in which riders would just sit and suffer. So I'm glad Metro seals off some of those cars.

It used to be that the train would be taken out of service. Sealing off at least keeps four, or sometimes six, cars in action for rush hours.

Q Metro's air conditioning problem seems to be really bad this year. The first thought that enters my mind as the train approaches is, "Will the A/C be working?" Last Thursday, two

cars had no air conditioning. The third car was the charm.

We just talked about looking for cars with few people aboard as a sign of trouble. Another thing you can look for is the four-digit number in black letters near the front and rear of each rail car. If the number is in the 5000s, be especially wary. The 5000 series rail cars, though only about a decade old, are the most problematic for air conditioning.

Because of the way Metro packages train cars, you won't find them right in the middle. The 5000s will be farther out. (Metro says the oldest cars, the 1000s, are in the middle.)

Q With the new rail cars coming, why can't Metro display

rail cars' temperatures inside each car and on the outside? The display could perhaps offer better monitoring opportunities.

The display panels in the cabs on the 7000 series will have a lot more information available to the train operator. I can't remember if each car's temp is among the items displayed, but that certainly would make sense. (I think it's much less likely the temp will be displayed on the outside of each car.)

Another thing about the 7000 series: Those cars should have more robust and better designed air conditioning systems, so it will be less likely riders will encounter hot cars in the first place.

Q Nearly as bad as the hot cars has been the temperature issues in stations. Certainly, outdoor

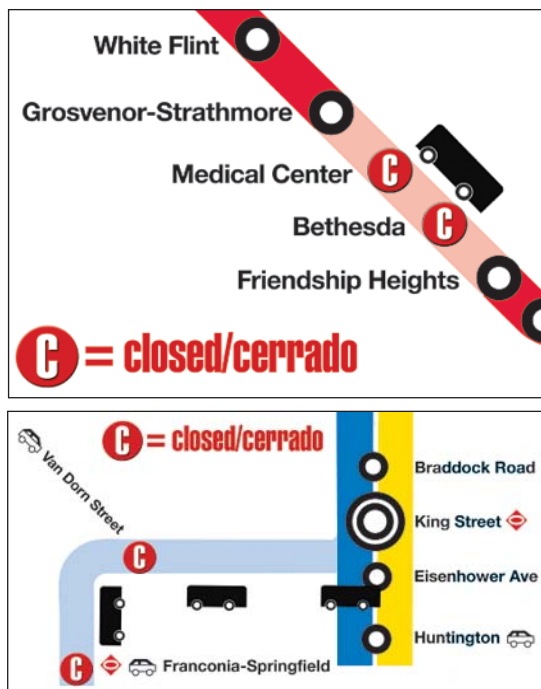
stations are outside of Metro's control, but the U Street Station in the morning has been particularly painful — a good 15 degrees hotter than the temperature outside. Any idea why some stations have at least a reasonable amount of control and others none at all?

Sometimes, the issue is the age of the equipment, sometimes it's the failure of a unit. (They take a while to replace.) I have not heard of a particular problem with the U Street equipment. Generally, I find the Green Line stations are in decent shape, mostly because they're newer than, say, the downtown Red Line stations.

Another traditional problem are the portal stations, such as Union Station or Ballston, which are pretty close to where the tracks go above ground.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

TRACK WORK THIS WEEKEND



From Friday, July 27 at 10 p.m. to Sunday, July 29 at closing: Buses replace trains on the Red Line between Grosvenor-Strathmore and Friendship Heights as Metro welds rail, upgrades fasteners, repairs tunnels and performs grout work. Buses replace trains on the Blue Line between Eisenhower Ave and Franconia-Springfield while Metro performs track work and VDOT performs bridge work along Telegraph Road. To get last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



SINGLE TRACKING
THIS WEEKEND

BETWEEN

- OR** Stadium-Armory - Cheverly
- OR** East Falls Church - West Falls Church
- GR** Fort Totten - Prince George's Plaza

Weekend train schedules are adjusted for MetroForward rebuilding efforts.
Please allow extra travel time.
For details, go to wmata.com/alerts.

Local

In Brief

BALTIMORE
Feds Fund New Bus Depot



LaHood

Federal transportation officials say Maryland is getting \$40 million to replace an aging Baltimore bus depot. The funding announced Monday by U.S. Transportation Secretary Ray LaHood is part of a \$787 million package to repair and modernize transit infrastructure nationwide. (AP)

RICHMOND, VA.
Election Board: Voters Don't Need to Re-Register

The State Board of Elections says mass emails are falsely claiming that voters have to re-register if they haven't voted since the 2008 general election. The board said Monday in a news release that Virginia doesn't have a re-register requirement. Voters aren't taken off the rolls simply for not voting. (AP)

GREENBELT, MD.
Ex-Cop Gets 4 Years

Richard Delabrer, a former Prince George's County police officer, was sentenced Monday to nearly four years in prison for his role in an extortion scheme involving the trafficking of contraband cigarettes and alcohol. (AP)

6,000

According to documents obtained, the number of public housing residents Vincent Gray's 2010 campaign targeted in get-out-the-vote efforts — an apparent misuse of government information. (TWP)

Luxury Cinemas Eye Md.

Montgomery County will host 3 high-end movie theater chains

Washington

Movie ticket admissions have flattened over the past 15 years, with fewer people buying tickets last year in the United States and Canada than they did in 1996, the year Hollywood produced "Independence Day," " Fargo" and "Jerry Maguire."

Now the theaters are striking back.

A new breed of "luxury" cinema chains based in California and Florida collectively have their sights set on the Washington area. Or more specifically, Montgomery County.

Three of the new chains have announced that they will open theaters in the Maryland suburb with an array of offerings — some new, some tweaked — aimed at the county's affluent adults rather than teenagers and 20-somethings, who historically buy the most tickets.

Leather reclining armchairs. Online reservations of the exact seat you want to sit in. Restau-



COURTESY SILVERSPOT CINEMAS

Reclining, leather seats that cost up to \$25 are part of the luxury theater experience.

Thrice as Nice?

Three luxury movie chains are coming soon to Montgomery County. ArcLight Cinemas, featuring "black box" with no lights and no advertisements is slated for Westfield Montgomery Mall in late 2014 or early 2015. At the same time, ipic Theaters will open at Pike & Rose, which will replace Mid-Pike Plaza in White Flint. Ipic offers reclining chairs, pillows, blankets, unlimited popcorn and table service. Silverspot Cinema, coming to Old Georgetown Road in Bethesda, splits the difference. (CAPITAL BUSINESS)

rant-quality food delivered to your seat. Memberships offering exclusive benefits. Ticket prices as high as \$25.

"I think one of the things we've seen as an industry over time is that as people age, their movie-going habits change," said Patrick Corcoran, director of media and research for the National Association of Theatre Owners. "Young adults and teenagers are the most reliable moviegoers. But older, more affluent adults are not as reliable. I think what people see there is kind of an untapped market to get them back in the theater." JONATHAN O'CONNELL (CAPITAL BUSINESS)

Va. Seeks Federal Assistance for Deadly Storms

Richmond, Va.

Virginia is seeking federal disaster assistance for the estimated \$27.5 million spent by state and local governments to respond to late June wind and thunderstorms that left 15 dead and 1.3 million utility customers without power.

Gov. Bob McDonnell said Monday that the storms, which included hail and fierce winds known in meteorological terms as a derecho, "required extraordinary response and recovery efforts at the local and state levels." Forty-seven localities declared emergencies.

McDonnell said he is requesting

the assistance through the Federal Emergency Management Agency. State emergency management officials received the post-storm assessments from local governments and determined that Virginia should meet all the requirements for federal public assistance, he said. (AP)

The Lotteries

Monday, July 23

Maryland

Mid-day Pick 3 7-8-2
Evening Pick 3 (Sun.) 2-2-9
Mid-day Pick 4 0-6-7-3
Evening Pick 4 (Sun.) 5-6-1-3
Match 5 (Sun.) 10-25-27-31-36 (34)

District

Mid-day Lucky Numbers 2-0-7
Evening Lucky Numbers (Sun.) 2-0-2
Mid-day DC 4 6-4-9-1
Evening DC 4 (Sun.) 3-6-2-9
Mid-day D.C. Five 9-7-6-6-9
Evening D.C. Five (Sun.) 2-3-5-3-2

Virginia

Mid-day Pick 3 5-5-4
Evening Pick 3 (Sun.) 1-0-2
Mid-day Pick 4 8-2-6-8
Evening Pick 4 (Sun.) 4-5-3-6
Mid-day Cash 5 (Sun.) 02-09-17-20-26
Evening Cash 5 (Sun.) 03-04-09-13-32

All winning numbers are official only when validated at a claims location. Drawings that occur after Express's deadline will be published two days later.



The HAMILTON LIVE

UPCOMING PERFORMANCES

THURSDAY, JULY 26

7 WALKERS

W/BILL KREUTZMANN, PAPA MALI, AND GEORGE PORTER JR.

FRIDAY, JULY 27

EMPRESARIOS

W/ THE CHARIOTS

SATURDAY, JULY 28

TOAD THE WET SPROCKET

2 SHOWS

SUNDAY, JULY 29

LIVE GOSPEL BRUNCH

W/ HOWARD GOSPEL CHOIR

10AM & 12:30PM
\$25

WEDNESDAY, AUG 1

LEGENDARY DRUMMER

DANNY SERAPHINE & CTA

THURSDAY, AUG 2

JERRY GARCIA

70TH BIRTHDAY CELEBRATION

FEATURING JOHN K OF FURTHUR, THE JOHN K BAND, JOE UEHLEIN AND THE U-LINERS, ON THE BUS

FRIDAY, AUG 3

POCO

W/ OWEN DANOFF

SATURDAY, AUG 4

THE DEANNA BOGART BAND

SUNDAY, AUG 5

THE STEELDRIVERS

THURSDAY, AUG 9

THE PIMPS OF JOYTIME

FRIDAY, AUG 10

NICK COLIONNE

SATURDAY, AUG 11

AMERICAN BABIES

W/ HOLLIS BROWN

SUNDAY, AUG 12

TRIGGER HIPPIY

TUESDAY, AUG 14

CANDYE KANE

WEDNESDAY, AUG 15

MELVIN SEALS & JGB

W/ ROY JAY

THURSDAY, AUG 16

ROBERT EARL KEEN

FRIDAY, AUG 17

THE BLACK LILLIES

14TH & F near Metro Center
@thehamiltontdc
202.787.1000

BUY TICKETS



THEHAMILTONDC.COM

Cover Story

'Demonic. There Is Something Wrong With That Man.'



James Holmes sits Monday during his initial court appearance. The 24-year-old is suspected of killing 12 people in Friday's mass theater shooting in Colorado.

Victims' relatives are outraged by the Colo. suspect's demeanor in court

Centennial, Colo.

His hair dyed a comic-book shade of orange-red, the former doctoral student accused of killing moviegoers at a showing of the new Batman movie appeared in court for the first time Monday, but he didn't seem to be there at all.

The world's first look at the man accused of killing 12 moviegoers and injuring 58 others in a shooting rampage at a packed midnight screening of "The Dark Knight Rises" was that of a sleepy, seemingly inattentive suspect.

James Holmes shuffled into court Monday in a maroon jailhouse jumpsuit. His hair was an uneven red: The color appeared to have faded to pink or orange in some spots, and his natural brown showed through in others.

Unshaven and appearing dazed, Holmes sat virtually motionless, his eyes drooping as the judge advised him of the severity of the case. At one point, Holmes simply closed his eyes.

He never said a word. Prosecutors said they didn't know if he was being medicated.

His demeanor angered relatives of some of the shooting victims.

"I saw the coward in court today and Alex could have wiped the floor with him without breaking a sweat," said Tom Teves, whose son, Alex, was killed in the attack. His son, a physical therapist, dove to protect his girlfriend during the shooting at a multiplex in near-by Aurora.

The court appearance gave millions the chance to scrutinize Holmes' every movement and form their opinions.

"It struck me that this is a person who's been through an emotional maelstrom and therefore

might be totally wiped out emotionally," said Dr. Jeffrey Gardere, an assistant professor of behavioral medicine at Touro College of Osteopathic Medicine in New York.

Gardere said there could be "a psychotic process going on and we see that being acted out there. Or there might be some sort of malingering going on. In other words, trying to make himself look worse than he actually is. Or maybe a combination of all of those things."

On Friday, there were reports that Holmes told officers he was "The Joker." Batman's nemesis in the fictional Gotham has brightly colored hair.

Witnesses did not describe the

gunman as looking like the Joker, who actually has green hair, or saying anything to indicate he was adopting the fictional persona.

Investigators found a Batman mask inside Holmes' apartment after they finished clearing it of booby traps, an official said Sunday.

Holmes, who police say was armed with an assault rifle, a shotgun and handguns in the attack, was arrested afterward. He is refusing to cooperate, officials said, and is being held in isolation.

David Sanchez waited outside the courthouse during Holmes' hearing.

"Demonic. There is something wrong with that man," Sanchez said. His pregnant daughter, Katie Medley, escaped uninjured, but her husband, Caleb, 23, was shot in the head and was in critical condition. Medley, 21, was scheduled to deliver her baby Monday.

Prosecutor Carol Chambers said her office is considering pursuing the death penalty.

In San Diego, where Holmes' family lives, the family's lawyer, Lisa Damiani, refused to answer questions about him. When asked if they stood by Holmes, she said, "Yes, they do. He's their son."

Holmes is expected to be formally charged next Monday.

(AP/THE WASHINGTON POST)

Building an Arsenal

Police say that James Holmes, the suspect in the mass theater shooting in Colorado, spent four months stockpiling thousands of bullets and head-to-toe ballistic gear, receiving more than 50 packages without raising any red flags with authorities. Officials say all of Holmes' purchases were legal. Holmes also acquired explosive materials and equipment to rig his apartment with a complex series of booby traps that took authorities days to dismantle.

May: Three Guns

Holmes bought a Glock pistol on May 22, law enforcement officials said. Less than a week later, he upgraded to a shotgun. The following week, he bought an AR-15 rifle.



Police remove a laptop from James Holmes' apartment in Aurora, Colo.

July: Gear and a Pistol

Holmes placed a \$306 order online for a combat vest, magazine holders and a knife, paying extra for two-day shipping. He capped off his gun purchases with another pistol July 7. Authorities say that 12 days later, he then bought a ticket to the midnight premiere of "The Dark Knight Rises."

'Two handguns, a shotgun and a rifle. That's the average male in Colorado.'

— DUDLEY BROWN, EXECUTIVE DIRECTOR OF ROCKY MOUNTAIN GUN OWNERS, WHICH ADVOCATES FOR FIREARMS OWNERS' RIGHTS

Suspicious Packages

Suspected gunman James Holmes quit a 35-student Ph.D. program in neuroscience at University of Colorado, Denver, weeks before the theater shooting for reasons that aren't clear. Officials said the school received two suspicious packages Monday, but it was unclear whether they were related to the weekend massacre. (AP)



Relatives of victims of Friday's theater shooting arrive at the Arapahoe County Courthouse in Centennial, Colo., on Monday for James Holmes' initial hearing.

The Washington Post

Know

the players and the polls.

Understand

the issues and implications.

Decide

with clarity and confidence.



The Washington Post Politics app for iPad.[®]
Making Sense of Election 2012.

Separate the noise from knowledge and get comprehensive, up-to-the-minute coverage—download The Washington Post Politics app for iPad now.



Download FREE!



The area where the statue of former Penn State football coach Joe Paterno stood is empty after the statue's removal Sunday.

Wiped Out

PHOTOS BY PATRICK SMITH/GETTY IMAGES

Wiped out in the record book. Wiped out in the wallet. Wiped out in the ability to recruit, and the ability to hold on to what Penn State University already has.

College Football

The NCAA crippled Penn State football for years to come and practically tore Joe Paterno's name out of the record books Monday, erasing 14 years of victories and imposing an unprecedented \$60 million fine and other punishments over the child sexual abuse scandal.

"Football will never again be placed ahead of educating, nurturing and protecting young people," NCAA President Mark Emmert said.

The governing body of college sports shredded what was left of the Hall of Fame coach's legacy — the sanctions cost Paterno 111 wins and his standing as the most successful coach in the history of big-time college football — while dealing a severe blow to the university's gold-plated gridiron program.

For a university that always claimed to hold itself to a higher standard — for decades, Paterno preached "success with honor" — Monday's announcement completed a stunning

fall from grace. Penn State meekly accepted its punishment, pledging to hold itself to high standards of honesty and integrity.

Paterno's family said in a statement that the sanctions "defame the legacy and contributions of a great coach and educator." Echoing the complaints of many outraged and heartbroken Penn State fans, the family also criticized university leaders for accepting the punishment without insisting on a full investigation and hearing on the school's handling of the sexual abuse allegations against former coaching assistant Jerry Sandusky. "This is not a fair or thoughtful action; it is a panicked response to the public's understandable revulsion at what Sandusky did," the family said.

Sandusky was found guilty in June of sexually abusing 10 boys over



Penn State students react to the NCAA penalties assessed Monday morning.

"These events should serve as a call to every single school and athletics department to take an honest look at its campus environment and eradicate the 'sports are king' mindset that can so dramatically cloud the judgment of educators."

— NCAA PRESIDENT MARK EMMERT, ANNOUNCING THE PENN STATE PENALTIES

Penalties

\$60 Million Fine

The NCAA imposed this because it is roughly equivalent to a year of gross revenue from the football program. It will be paid over a five-year period. The money will go to an endowment for "programs preventing child sexual abuse and/or assisting the victims of child sexual abuse." The NCAA specified that Penn State cannot cut other sports programs or scholarships to pay the penalty.

Loss of Bowl Revenue

The Big Ten announced that Penn State's cut of the conference's shared bowl revenue — it estimates about \$13 million over four years — will instead be donated to "established charitable organizations in Big Ten communities dedicated to the protection of children."

Loss of 20 Scholarships Each Season for 4 Years

For next season and through the 2016 season, Penn State can sign only 15 recruits a year. Most teams can sign 25. Starting with the 2014 season, the Nittany Lions can have only 65 players on scholarship until after the 2017 season. The usual scholarship limit for major college teams is 85.

Waiver of Transfer Rules

Players are released from their commitment to Penn State and are immediately eligible to transfer without having to sit out a year. Additionally, football players who wish to continue their education without playing football may keep their scholarships.

Four-Year Postseason Ban

Penn State can't play in a bowl game, the Big Ten championship game, or the college football playoff for the national championship until after 2016. (AP)



Lost Legacy

By vacating 112 Penn State victories from 1998-2011, Monday's sanctions cost Joe Paterno 111 wins. Former Florida State coach Bobby Bowden will now hold the top spot in the NCAA record book with 377 major-college wins. Paterno, who was fired days after Jerry Sandusky was charged with child molestation, will be credited with 298 wins. Vacated wins are not the same as forfeits — they don't count as losses or wins for either school. "I didn't want it to happen like this," Bowden told the AP. "Wish I could have earned it, but that's the way it is." (AP)

15 years, sometimes on campus. An investigation commissioned by the school and released July 12 found that Paterno, who died of lung cancer in January at age 85, and three other top officials at Penn State concealed accusations against Sandusky to shield the school from bad publicity.

Emmert said the penalties reflect "the magnitude of these terrible acts" and also "ensure that Penn State will rebuild an athletic culture that went horribly awry." He said the NCAA considered imposing the "death penalty," a complete shutdown of the football program for a season or more, but decided to keep Penn State in the fold so that it could begin transforming a culture in which football played an outsized role. The NCAA also worried about the unintended consequences of a complete ban, he said.

A drop-off in attendance and revenue could damage both the university, where the powerhouse football team is a moneymaker that subsidizes other sports, and Happy Valley as a whole, where Saturday afternoon football is an important part of the economy. But given Penn State's famously ardent fans and generous benefactors, the precise economic impact on the area is unclear. (AP)

express ➔ **health directory**

ASTHMA?

Are you 18 - 60 years of age, have partially controlled or uncontrolled asthma and are using daily asthma medication? If so, you may be eligible for a 5 month, voluntary research study of an investigational **nebulized medication** or placebo for asthma.

Compensation for time and travel may apply. Metro Accessible and Free Parking.

For more information please contact **Grace** at **301-962-1607** or **iaaresearchgrace@yahoo.com**



INSTITUTE FOR ASTHMA AND ALLERGY, P.C. | WHEATON, MD
Martha White, MD | Michael Kaliner, MD | Athena Economides, MD
Henry Li, MD, PhD | Mark Scarupa, MD | David Jeong, MD

TYPE 2 DIABETES



22,000,000 REASONS TO BEGIN

TODAY

Consider Volunteering For a Clinical Research Study

You may qualify if you:

- Are at least 18 years of age
- Have lived with type 2 diabetes for at least 6 months
- Take insulin glargine in vials once daily at a dose of 65U to 100U
- Take Metformin alone or with another oral medication to control your diabetes

As a qualified participant, you will receive study-related care, study medication and diabetes supplies for up to 50 weeks at no cost, and may be compensated for time and travel.

Please Call: 301-770-7373

Drs. Rodbard & Dempsey

Ask for MeyLing

Our research team at the University of Maryland is currently working with the community to find solutions to the problem of risk taking among adolescents.

We are recruiting **parents** & their **children** ages **9-13** for participation in a research study.

You and your child will spend two hours at our center filling out questionnaires and completing two non-violent computer games.

Each parent will receive **\$25** in cash for completing these forms and your child will receive **prizes** valued up to **\$25** such as children's books, gadgets, and toys.

The study takes place at the Center for Addictions, Personality, and Emotion Research at the University of Maryland's College Park campus

If you are interested and want to know more about our study,



please call us at
(240) 688-8137
or email us at
caperchildstudy@umd.edu

Sponsored by the National Institute on Drug Abuse

sleep apnea

the more you lose, the more you may gain

volunteer for an investigational medication weight loss study

Do you start the day tired? If you have sleep apnea, explore a non-CPAP clinical research study option. This investigational medication study will help find out if weight loss improves sleep apnea symptoms. Qualified participants receive all study medication, study-related care and nutritional counseling at no cost.

You may qualify if you are:

- at least 18 years of age
- overweight
- unable or unwilling to use CPAP
- not diagnosed with type 1 or 2 diabetes

to volunteer call:

301-654-5665

research@sleepdoc.com

The Center for Sleep & Wake Disorders
Chevy Chase, Maryland
Friendship Heights Metro

For Advertising Please Contact

washingtonpost.com

For Advertising Contact

Danielle Gosnell

202-334-5648

gosnell@washpost.com

FRUSTRATED WITH THE INCREASING COST OF FERTILITY TREATMENTS?

Minimal Stimulation - IVF

½ the cost of traditional IVF • Fewer medications
Less time away from work

THE Muasher Center
for Fertility and IVF

Where Experience and Compassionate Care Come Together

Log on to www.mcfivf.com
for more information.

Don't forget to ask about our Loyalty Program.

Call 703-876-6311

to speak to a member of our team.
8501 Arlington Boulevard, Suite 500, Fairfax, VA 22031

Fertility weight loss options available.
Affordable IVF treatment with proven success
Se habla español



Have you or someone you know been diagnosed with Irritable Bowel Syndrome?

If so, there is now an opportunity to join a new research study.

Are you eligible?

- Between the ages 18-80 years old
- Have diarrhea predominant irritable bowel syndrome

Furiex
Pharmaceuticals

Abdominal Pain, Bloating, Diarrhea

Qualified Participants:

Will receive investigational study medication or placebo, study-related testing, physical exams, and lab work at no charge.

Additionally:

Compensation may be available to qualified participants for each completed visit (for time and travel).

Contact Alexandria Clinical Research at (571) 286-8083 or at **www.alexandriaclinicalresearch.com**

BE A PART OF ALLEVIATING POVERTY BY VOLUNTEERING FOR A VACCINE TRIAL AT CHILDREN'S NATIONAL MEDICAL CENTER.

We are looking for healthy DC area **adults** 18-45 years of age who have never had hookworm and are willing to participate in an investigational **vaccine trial** to help in the fight against hookworm disease, which affects over 500 million people in developing countries. 25 hours of your time over 16 months can have an impact on Global Health!



For additional information regarding this study, please contact: Clinical Research Manager (202) 476-3615
jhandy@childrensnational.org

expressnightout.com

expressnightout.com

expressnightout.com

XX172 Lx.5

expressnightout.com

XX172 Lx.5

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

XX172 Lx.5

Sports

Oates Fills Out Coaching Staff

The Capitals

The Capitals rounded out their coaching staff Monday, naming Tim Hunter an assistant coach.



Hunter

Hunter, 51, has 13 seasons and 1,041 games of experience as an NHL assistant coach, including five seasons with Washington, from 1997-98 to 2001-02, under then-coach Ron Wilson. Hunter continued to coach under

Wilson in San Jose and Toronto.

During his first stint in Washington, Hunter coached three players he will now work with behind the bench: head coach Adam Oates, assistant coach Calle Johansson and associate goaltending coach Olie Kolzig.

As a player, Hunter spent time with the Calgary Flames, Quebec Nordiques, Vancouver Canucks and San Jose Sharks over 16 seasons. He appeared in 815 career NHL games and won the Stanley Cup with the Flames in 1989.

KATIE CARRERA (THE WASHINGTON POST)

TV Lineup

NATIONALS (7 P.M., MASN) Gio Gonzalez hopes to pitch better this time around against the New York Mets.

ORIOLES (7 P.M., MASN2) The O's hope to stay hot against the Tampa Bay Rays.

BASKETBALL (4:30 P.M., ESPN2)

The U.S. men's national team plays Spain in an Olympics warm-up.

PRO BASEBALL (8 P.M., MLB)

The Los Angeles Dodgers visit the St. Louis Cardinals.

Are you overweight? Are you Suffering from Chronic Abdominal Pain?

Researchers at the National Institutes of Health are conducting a study of the relationship between gastrointestinal pain symptoms and intestinal inflammation in overweight individuals. The research study requires two outpatient visits. The first visit lasts 5-7 hours. The second visit lasts 6-8 hours. The study will be conducted at the NIH Clinical Center located in Bethesda, Maryland and conveniently located on the Metro Red Line (Medical Center stop).

Consider participating if you or your child:

- is 13-45 years of age*
- has had abdominal pain for 6 months or more
- is overweight

- Compensation will be provided.
- All study-related tests are provided without cost.

Call: **301-443-4693**

Se habla español
TTY: 1-866-411-1010

www.clinicaltrials.gov • Study #09-NR-0064

*minors require parental permission to participate

Department of Health and Human Services
National Institutes of Health • NIH Clinical Center
National Institute of Nursing Research

Get **fit**

Tuesdays in Express

A weekly section about how to look and feel and be your best.

express
A publication of The Washington Post

express ➔ health directory

LUPUS STUDY

If you have been diagnosed with Systemic Erythematosus Lupus, you may be eligible to participate in our clinical research study.

All study-related medical care and investigational study medication will be provided at no charge. Reimbursement for study-related travel and time will be provided. To find out if you are eligible to participate,

Please Call 202-547-7797



VOLUNTEERS NEEDED

for computerized eye tracking research study

- Adults over 18
- Healthy controls
- TBI/Concussion

Uniformed Services University
of the Health Sciences
Bethesda, MD

Participants will complete demographic and medical history surveys, cognitive tests of memory and attention, and a computerized task which involves looking at targets on a screen while an eye-tracking camera follows their eyes

Qualifying participants may be compensated for their time

Phone: 301-295-3279

Email: eyetracking@USUHS.edu

Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by
MertoRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:

TOLL FREE: (888) 926-9211

EMAIL: donorinfo@lonza.com

Lonza

AD BONE MARROW 03/07

Feeling Down or Depressed?

If you are between the ages of 18 and 65, and struggling with depression you may qualify to participate in a research study with an investigational medication for depression.

To learn more, please visit:
depressionstudies.com
or call: **240-997-6593**

Eligible participants will receive study medication and may receive compensation for time and travel.

expressnightout.com

expressnightout.com

Continuing education opportunities abound.

Ahead The second Monday of each month in Express.

New look. New feel. Your monthly education section just got better.

express

To advertise, call 202.334.4130
or e-mail ads@readexpress.com.

Download it FREE!



DC Rider

The essential iPhone and Android app built exclusively for Metro-riding Washingtonians.

Featuring:

- **Metro Alerts:** Get updated advisories from Metro.
- **Trip Planner:** Determine your route options and check out fare info.
- **Station Info:** Find the nearest station and now view its entrances on a street map.
- **Comments:** Read instant updates from other riders and add your own thoughts via Twitter.

Download DC Rider **FREE** courtesy of



Concord Law School is the nation's leading fully online law school with more than 1,300 graduates and 14 years of experience delivering legal education to working professionals.

First-year classes start in September and January.

Call 877.484.2120 (Toll Free) // Visit ConcordLawSchool.edu

Available on iTunes or the Android App Market.

POWERED BY **express**

XX444 3x10.5

STRESSED WITH THE **HIGH PRICE** OF TRANSIT COSTS?

SAVE UP TO 50% ON COMMUTING



CENTRAL PARKING COMMUTING COUNSELORS CAN HELP

Keep more money in your pocket with great monthly parking rates as low as:

\$159/month in Washington DC

\$149/month in Alexandria, VA

Over 30 convenient **Central Parking** locations to choose from.

For details on rates and locations, visit
www.washingtondc.centralparking.com



Call a Customer Care Counselor Today (877) 717-0004



BECOME AN EXTRAORDINARY LEADER

KEY EXECUTIVE LEADERSHIP CERTIFICATE PROGRAM

THE KEY EXPERIENCE PROVIDES:

- an opportunity to learn collaboratively
- faculty who are scholar-practitioners
- an opportunity to work in a cohort of high-performing peers
- individual leadership development through 360-degree evaluations and one on one coaching sessions

INFO SESSION TUE JULY 31 12:00 PM

NATIONAL ACADEMY OF PUBLIC ADMINISTRATION
900 7TH ST NW, SUITE 600, WASHINGTON, D.C.

For more info or
to RSVP contact:
202-885-6256 or
keycert@american.edu
american.edu/spa/key



SCHOOL of PUBLIC AFFAIRS
AMERICAN UNIVERSITY ★ WASHINGTON, D.C.

Sports



The Nationals celebrate after beating the Atlanta Braves 5-2 on Saturday night.

First-Place Nats Show No Letdown

With injuries adding up, club weathers a storm vs. the Braves

The Nationals

Ian Desmond, in explaining his worsening oblique injury, said it felt like he'd been beaten in his side with a bat. After two games against the Braves, the rest of the club likely felt the same way. The Nationals blew a nine-run lead and lost Friday and didn't manage a single run Saturday afternoon, all the while, injuries old and new gathered like a storm on the horizon.

The dark clouds over the ballpark seemed for most of the weekend an omen of imminent decline, a foreteller of a tailspin brought on by their main division rival. The rains came, but the big storm never materialized. By the last out Sunday, the sun was shining again, literally and figuratively.

John Lannan briefly returned from purgatory — Class AAA Syracuse, technically — to beat the Braves in the nightcap of Saturday's doubleheader, and the offense helped salvage a series split Sunday, the Nationals maintaining a comfortable lead over the Braves in the National League East.

"We didn't want them coming into our house and leave feeling

that good," manager Davey Johnson said. "I wasn't worried about the club. There's no letdown in this ballclub."

Officially, the four-game set concluded as a stalemate, but Johnson said the way it came about ought

"We've been through a lot of adversity this year. We're just going to keep playing and doing what we've been doing."

— NATIONALS' RYAN ZIMMERMAN

to leave the Braves feeling deflated, having failed to gain ground—an unlikely development after the Nats' accumulation of losses and ailments early in the series.

In addition to Desmond, who went on the disabled list after weeks of playing hurt, rookie Bryce Harper missed a start after fouling a bunt off his ankle, and catcher Jesus Flores missed the past two games with a back injury, just days after his backup, Jhonatan Solano, went on the DL with his own oblique injury. "I know a lot of teams have been hit, but I think we've been lambasted with injuries," Johnson said. "It's been a rough year."

DEREK TURNER (FOR EXPRESS)

How Low Can We Go?



Rates as low as
1.99% APR*
for 60 months!



Rates as low as
7.99% APR
Get away from it ALL!



Balance Transfers
3.99% APR
for 12 months!
NO annual or balance transfer fees!**



Rates as low as
3.50% APR
Fixed terms from 5–20 years!



ARLINGTON COMMUNITY
FEDERAL CREDIT UNION

arlingtoncu.org • 703-526-0200 • NMLS ID: 477974

*APR — annual percentage rate. Not all members will qualify for the lowest rate based on credit history. Rates subject to change without notice. Certain restrictions may apply. See credit union for full terms and conditions. **3.99% APR is only good on transferred balances. Does not apply to purchases or cash advances. All balance transfers must be completed prior to August 31, 2012. See credit union for full details. This Credit Union Is Federally Insured by the National Credit Union Administration.



SPECIAL ADVERTISING SECTION



The Results Are In...

**MORE THAN 230
TOTAL POUNDS LOST!**

It's been 12 remarkable weeks since six area residents signed up for the challenge of a lifetime. And now the results are in! At a special final reception and awards ceremony held on July 16 at The Washington Post, the grand prize winner and the runner-up of the 2012 Gold's Gym Get Fit Challenge were revealed. Surrounded by family and friends (some of whom traveled hundreds of miles to show their support), our challengers and their trainers shared insights about their experiences and how Gold's Gym has helped change their lives for the better. All in all, it was a stirring end to a powerful journey. Watch video highlights of the final reception at goldsgym.com/getfitchallenge!



WINNER

Paige Lester

Trainer: Kyle Cook
Gym: Gold's Bailey's Crossroads
Weight Loss: 47 pounds
Total Points: 69 points

"I came in the first day of the Challenge thinking this is so far out of my comfort zone—but then I met my trainer, Kyle, and it all just seemed to click. He will definitely be a lifelong friend to me!"



Paige with her trainer, Kyle



Mike Grande

Trainer: Emily Knapp Kuppinger
Gym: Gold's Capitol Hill
Weight Loss: 44 pounds
Total Points: 39 points

"This is the best that I've felt in the last three months! I've been able to run multiple miles at a time and work out extensively for an hour or more!"



Brittany Miller

Trainer: Brittini Skipper
Gym: Gold's Ballston
Weight Loss: 14 pounds
Total Points: 36 points

"Three months ago, I wasn't stronger than a whole lot of anything. Now, because of the last three months, I have a bigger smile, more drive—and I'm able to wear tighter skirts!"



Vasanth Ganesan

Trainer: Neil Lybecker
Gym: Gold's Clarendon
Weight Loss: 33 pounds
Total Points: 33 points

"I went to the doctor recently and we talked about eventually getting off my medication if I keep up this weight loss. I'm really happy about where I am right now!"

"We chose you six based on your personalities and your determination to succeed. We can all leave here with a sense of belief and accomplishment!"

— Brooke Daniels, Marketing Manager (East Coast), Gold's Gym



"You guys have taken the first step in the direction of changing your life. We thank you for motivating us and for communicating what Gold's Gym is all about!"

— Laura Greeley, Regional Director of Fitness (East Coast), Gold's Gym



"When you look around and see what you all have accomplished, it's really inspirational. Everyone who participated in this Challenge is a winner. Each of you has changed your life."

— Steve Hills, President and General Manager, The Washington Post

RUNNER-UP



Tamika Rhames

Trainer: Mr. Thomas
Gym: Gold's Rockville
Weight Loss: 51 pounds
Total Points: 57 points

"I applied to the Challenge for one reason: to live. And in three months, I've taken my life back!"

HONORABLE MENTION



Jim Preston

Trainer: Lauren Bullock
Gym: Gold's South Arlington
Weight Loss: 43 pounds
Total Points: 53 points

"One important thing I took away from the Challenge: knowing that I can develop a plan. If you develop a sound plan, you'll succeed. Also, realistic, quantifiable goals are important."



(l-r) Brooke Daniels, Paige Lester, Carly Isakovic (Express Account Manager) and Kyle Cook with the winner's check

Watch video highlights of the final reception



Start your own personal fitness journey today with this exclusive, limited-time offer: a **FREE 7-day VIP membership to Gold's Gym!** Learn more at goldsgym.com/getfitchallenge

fit



Guinea Pig | Force of Nature

It seems wrong to pair a fuzzy farmers market peach with a can of Red Bull. So slurp down a Scheckter's Organic Energy (\$2.50, grocery stores), a blend that includes elderberry juice, ginseng and raw green coffee bean. The result is a not-too-sweet but fruity boost with 135 mg of caffeine. One can of Scheckter's helped a hungover tester get out of the dumps — and into the gym. The original is 112 calories a can, and Lite is 78 (but has less caffeine).



See your weekly Gold's Gym Trainer Tip on the next page.

Vida Fitness

PROGRAM:

Train Like an Olympic Athlete

"Instead of just sitting and watching the Olympics, we wanted to get people involved in doing something," says Lisa Lipscomb, personal training director for the Washington chain. Starting Wednesday, all five clubs are offering this \$159 program — exclusively for nonmembers — that extends through the end of August. It includes access to all facilities (except the U Street Penthouse Pool) and two 45-minute classes a week focused on honing participants' skills at a series of Olympics-inspired drills.

Part of the testing will be timed sprints on bikes, rowing machines and treadmills. But don't worry if you're not ready to take on Usain Bolt. "The run is a quarter mile, and that could be a fast walk for some people," Lipscomb says.

The key, she says, is progression — and to see better, measurable results by the time of the Closing Ceremonies in London.



Molley Mangold completes a clean and jerk during the Olympic trials in March.

Weightlifting

Most folks aren't familiar with Olympic lifts, so Lipscomb says participants will start by going over the steps of the power clean with a stick rather than a barbell. They'll begin with the bar on the floor, pick it up to their knees and then shoulders, using a specific technique. "That's why we have a personal trainer teaching the class," says Lipscomb, who adds that fast learners will get to advance to using weights.

• Get more information about the program and locations at Vidafitness.com. Email Lisa@vidafitness.com to register.

Shot Put

Lipscomb has re-envisioned the sport, replacing the usual small ball with a 16- to 20-pound Dynamax medicine ball. The ball's slightly squishy and big enough to grab comfortably with two hands. "You're going to hold onto it by your chest and squat down," Lipscomb says. "And then rotate your body as you stand up and throw it." The distance you manage to chuck the ball gives you a sense of your explosive strength.

Medal Work

Not a single resident of the District of Columbia will be representing the U.S.A. at the 2012 Olympic Games. But both Vida Fitness and Washington Sports Clubs have plans designed to make you feel like a medal contender. Stick with these exercises, and you just might have a shot in 2016.

VICKY HALLETT (EXPRESS)

Washington Sports Clubs

PROGRAM:

UFX London Calling Edition

For the next four weeks, the Ultimate Fitness Experience program at the North Bethesda location (10400 Old Georgetown Road) will be based on sports featured in the Summer Olympics.

The format for the class, WSC's Christopher Gillyard says, is a high-intensity circuit of five exercises. Participants perform each for one minute, take a quick break, and repeat the routine two more times. What if someone has trouble with a move? "We'll work on that, so when you try the same workout again, you can blow your last performance out of the water," Gillyard says.

Though the exercises are designed to improve athleticism, the parts of the workout that most resemble Olympic training are the warm-up and the cool-down, Gillyard says. "Athletes need to make sure they're prepped to do their best work," he says. "And do the best work again the next day."

Gymnastics

When they're headed for the vault, gymnasts try to get some air. You can do the same thing on a personal, circular trampoline. With each hop, you'll pump your arms behind you into a triceps extension (with weights or without). "I may not be able to flip," Gillyard says. "But I can work on jumping and pushing off."



Jordyn Wieber competes during the Olympic trials.

• Mon., 9 a.m. & Thu., 9:15 a.m., through Aug. 20; free (non-members can take a class free). Details at Mysportsclubs.com.

Hurdles

Students will tackle hurdles straight on, hop over them from the side and weave through them to complete a series of drills testing speed and agility. The good news is that these hurdles are just 6-12 inches high. The bad news? "If you knock one over, you have to set it back up and start from the beginning again," Gillyard says.



Rowing

"You're not going out for the Harvard crew team here," Gillyard says. "The key is to get consistency of extending legs straight, pulling the bar back and resetting." He hopes that including the rowing machine in the London Calling class will demystify it to gym-goers who normally avoid it. "If you can't go running, this will give you that same cardio," he says.

baggagecheck



BEN CLASSEN III

She Wants Heat In the Bedroom

Q My husband just doesn't seem to want to be physically intimate anymore. He never had a huge sex drive, so it's not a huge jump to go from infrequent to nothing. But I'm 37 years old and don't want to be celibate. I try to initiate things and he is always apologetic but says it can't happen that night. It's hard for me not to take it personally — don't guys supposedly want it all the time? But just as important, it's very frustrating for me. **FRUSTRATED WIFE**

Not all men naturally have high sex drives, just like not all men act like the guys on beer commercials (thank goodness). And that's before you account for the men with medical or psychological issues that dampen their sex drives.

Your first challenge is to convince him that this matters, and get him to have a thorough physical and metabolic screen to rule out such issues. In the absence of a smoking gun, you might want to seek out the help of a couples counselor. Or, if he's really motivated to change, it's possible you can get on a better track simply by breaking the inertia once or twice. For many, sex drive is a use-it-or-lose-it proposition.



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Can't Wait for That Couch

Q I'm kind of obsessed with my therapist. It's not a sexual thing (I'm straight and we're both women), but I've Googled the heck out of her, and every time she gives me even the slightest tidbit into her life, I ponder it for days. I'm so curious about her and always wonder what she really thinks of me. If you say this is weird, then I'm really going to feel silly. **NO NAME, PLEASE**

Not weird at all! Lots of processes go on in the relationship between therapist and client, and they're usually quite useful to talk about. The feelings you describe are most likely a type of transference — you're human, she's human, and there's something in your dynamic that's meaningful to you.

Maybe you admire her like a mentor. Maybe you feel she cares

for you like a mother would. I don't know what you're in therapy for, but if it has anything to do with relationship dynamics, it's even more crucial to explore this. So if you can bring yourself to do it, talk about it. You'll feel better getting it off your chest, and she'll help you illuminate what meaning it might have. And understanding your feelings is one of the main points of therapy, no?

Meet The Trainer

Megan Freedman

*Fitness Manager
Van Ness Gold's Gym*

Growing up, Megan was a gymnast and a dancer, but it wasn't until college when she really began to focus on fitness, set goals, and get serious about training and increasing her knowledge base. She quickly became a group exercise instructor at Gold's Gym, teaching a variety of classes. Eventually, her growing expertise enabled her to become certified to work one-on-one with clients. Megan's goal is helping her clients feel strong, healthy and happy. She pledges to help make fitness fun, sustainable, and a non-negotiable part of her clients' lives.

Certifications:

- Aerobic and Fitness Association of America Certified Personal Trainer
- Gold's Gym Group Fitness Instructor
- CPR/AED

To schedule an appointment with Megan or another Gold's trainer, come to a Gold's Gym location near you or visit our website.



Trainer Tip of the Week

Be Stronger Than 26.2. Join me at Van Ness for an exclusive Marine Corps Marathon 12-week group training program starting the first week of August. (Also available at South Arlington and Clarendon locations)



GoldsGym.com

**JOIN TODAY FOR
NO CONTRACT FEE**

One FREE Personal Training Session
Redeem at one of our 14 D.C. Metro locations

Offer valid for new members only. Must be at least 18 and a local resident with a valid ID. Not redeemable for cash. Valid at participating Gold's Gyms only. Other restrictions may apply. Offer expires 8/31/12.

Event Horizon

It Takes A Village

Hosting the AIDS 2012 (Aids2012.org) international conference means Washington has tons of scientists and activists buzzing around. It also gives us access to the Global Village, a free, open-to-the-public space at the convention center that's the site of panel discussions, artistic performances, networking zones and other opportunities. It's open daily through Thursday, 8:30 a.m.-8:30 p.m., and on Friday, 8:30 a.m.-noon.

phys ed fit

How Olympians Beat the Heat

When the summer sun is out, the thought of exercising outside can be anything but tempting. Don't sweat it! Instead of forgoing the great outdoors, embrace these four strategies from Olympians to help you stay cool while working toward a body that sizzles:

1 Shield Your Skin

Direct sun exposure on the skin not only increases body temperature but can also limit your body's self-cooling abilities because sunburn impairs sweat glands. Before you head out, cover every inch of your skin with sunscreen or clothing (in a wicking fabric that's lightweight and light-colored).

The poster girl: rower and Olympic gold medalist Erin Cafaro, 29. While she bares more SPF-protected skin during short races, for her two-hour-plus workouts on the water, she wears a long-sleeve shirt, a hat, sunglasses, lip balm with SPF and sunscreen on any exposed skin.

2 Chill Out

Before racing in the hot, humid conditions at the 2004 Olympics in Athens, marathoner Deena Kastor sat inside on cool concrete and wore an ice vest. This tactic, known as precooling, lowers your core body temperature to increase your endurance in the heat. It worked for Kastor, now 39, who scored a bronze medal that day. Reap a similar effect by hanging in an air-conditioned room, taking a cold shower or slurping a slushie before your workout: Australian researchers found that drinking the icy beverage an hour before exercise extended runners' duration.



CHRISTIAN PETERSEN/GETTY IMAGES

3 Dial It Down

Your internal body temp rises as you exercise harder and longer. So the best way to avoid overheating is to reduce your intensity or duration, says Michael F. Bergeron, director of the National Youth Sports Health & Safety Institute. At the 2004 Olympics in Athens, two-time Olympic gold medalists Kerri Walsh, 33, left, and Misty May-Treanor, 34, right, were assigned midday practices. "None of the other athletes were working out then because it was so hot," May-Treanor says. "We got through it by doing drills for 10 minutes, then going to sit in the shade." Your workout shouldn't feel harder than it would on a normal day.

4 Stay Cool-Headed

In sweltering conditions, ignorance may indeed be bliss: In two new studies, cyclists could maintain their intensity or ride longer when they believed the temperature was lower than it actually was. Participants didn't assume the heat would compromise their ride, so they didn't feel as if they were working too hard, says Greg Chertok, director of sport psychology at the Physical Medicine & Rehabilitation Center in Englewood, N.J.

While it's smart to check the forecast in the morning so you will know what you're in for, obsessing over the heat can work against you. "Even when we're warming up and it's hot as hell, we don't let the heat freak us out," Walsh says. Sweating the temperature can cause anxiety, which can spike your heart rate and lead to rapid breathing and hyperventilation. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

The Original Dance Craze

'Marathon '33' gives audiences a view of early extreme sports

If you thought Olympic athletes had to work hard, consider what the characters in the American Century Theater's production of "Marathon '33" are up against. Based on the experiences of writer June Havoc, the show recreates a dance marathon, a nationwide phenomenon during the Great Depression.

People cutting a rug for as long as they can sounds harmless, but the longest ones went for more than 4,000 hours, says artistic director Jack Marshall, who can't believe the

conditions that contestants (who were mostly poor, unemployed and starving) suffered through.

They got a 15-minute break once an hour, which included the time it took to get on and off the dance floor — a recipe for hallucinations and breakdowns.

The physical demands led to leg cramps and painful blisters. And if the dancers developed issues that demanded medical attention, such as a tooth that needed to be extracted, a doctor came onto the dance floor. "They used no anesthesia, and the line judge was there to say, 'Keep dancing,'" Marshall says.

Although the show portrays a 3,000-hour-long marathon, Mar-



Actors in "Marathon '33" demonstrate what happens when you try to dance forever.

JOHANNES MARKUS

shall's cast members dance for only 2½ hours. Still, they have to survive 15 musical numbers, a tap competition and two "sprints." ("When [judges] wanted to eliminate people, they told [the contestants] to race walk around the arena until somebody dropped," Marshall says.)

One cast member ruptured a disc trying a common dance marathoner trick from the '30s: They would tie handkerchiefs around their wrists to hang their arms around their partner's neck and get dragged around while they snoozed.

The government eventually banned these dangerous events, so "Marathon '33" is as close as you can get to experiencing one today. And that's probably a good thing.

VICKY HALLETT (EXPRESS)

● **The Gunston Arts Center, 2700 S. Lang St., Arlington, Va.; Fri. through Aug. 25, \$30-\$35; 703-998-4555, Americancentury.org.**



A skeleton and other human remains are among the artifacts featured in the exhibit.

COURTESY THE WILLIAM P. DIDUSCH CENTER FOR UROLOGIC HISTORY

Bad to the Bone

A new exhibit explores the history of horrible medical practices

Hal, who's been dead for 100 years, greets all visitors to the new exhibit at the William P. Didusch Center for Urologic History.

He can't do much other than hang out, but as a full set of human bones, he's an appropriate ambassador for "Skeletons in the Closet: Indignities and Injustices in Medicine," an overview of the shady and sinister things that have been done in the name of science.

"Back in ancient Egypt, they dissected people alive," says physician Michael Moran, the curator of the museum. "So it started on not such a glorious footnote."

But while he notes that many of these early experiments are horrifying to us, they provided a basis of knowledge that's helped create medicine as we know it.

One example: blood transfusions. The first ones attempted were from sheep to humans. "It never worked," Moran says. (Perhaps that's why 19th-century German doctor Oscar Hasse recommended the lethal treatment for "incurable diseases.") Gradually,

"There's no better time to be a patient. There are more protections, and everybody's looking out for you."

— MICHAEL MORAN, PHYSICIAN AND CURATOR AT THE WILLIAM P. DIDUSCH CENTER FOR UROLOGIC HISTORY

however, they led to human-to-human transfusions, and the process was able to save lives.

The exhibit highlights the stories of a few doctors whose actions stir up debate, such as Michigan physician William Beaumont. In 1822, he treated 19-year-old Alexis St. Martin, who'd been shot in the gut with a musket. The patient survived with a gastric fistula, which Beaumont proceeded to use to study digestion for the next 10 years. He probably wouldn't have had access to St. Martin, except that he coerced the patient into signing a contract, so he couldn't leave.

Other panels tell of much more flagrant abuses of medical power, many of which are well known: the horrors at Nazi concentration camps, the eugenics movement (and forced sterilization), the Tuskegee syphilis study.

Moran predicts fewer people are familiar with the information the exhibit has on Japan's gruesome biological and chemical warfare research during World War II. When subjects were no longer able to submit to further testing, they were all killed.

It's the sort of information about medicine that could make you sick, which is why the museum has made a concerted effort to help visitors leave on a positive note. The exhibit also covers apologies from governments coming clean about their history and explains the importance of ethics in science today.

"There's no better time to be a patient," Moran says. "There are more protections, and everybody's looking out for you." Even Hal the skeleton. VICKY HALLETT (EXPRESS)

● The exhibit will be on display until 2013 at the William P. Didusch Center for Urologic History (1000 Corporate Blvd., Linthicum, Md.; 410-689-3785, Urologichistory.museum). Guided tours, which can be scheduled Mondays through Fridays between 10 a.m. and 4 p.m., are recommended. Request a week in advance of your visit by emailing archives@auanet.org.

Talking Back To a White Coat

Don't be afraid to voice these concerns when you're talking with your doctor

"I don't want to take medication."

If your diagnosis is high blood pressure, high cholesterol or diabetes, a prompt from you could encourage your doctor to discuss other options such as diet and exercise before sending you scurrying to the pharmacy.



"I don't want surgery."

If your doctor is trying to diagnose you, ask if she can do it without slicing you open. There are now many tests that can be done on urine or blood, avoiding more risky procedures such as biopsies.

"I'm too busy for so many appointments."

Sometimes there's no substitute for an in-person visit. But often, your doctor can monitor you from afar. You might be able to take your blood pressure at home and transmit it digitally, or arrange for blood tests at a lab closer to your home.

"This isn't what I read online."

Ask about confusing or conflicting information you've read. You might bring up a point your doctor hasn't considered. Or, if your source is sketchy, your M.D. can direct you to a more reliable URL. CINDY KUZMA (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

YOU'RE 6 TREATMENTS AWAY FROM A BEAUTIFUL BODY

LOSE 3-9 INCHES
IN 2 WEEKS!!!

ZERONA
BODY SLIMMING LASER

WHAT IS ZERONA???

Call Us Today To Find Out...

202.547.0298

For Info Text "Zerona"

To 202.640.4590



Medical Marketing by iCosmeticNetwork.com

Wanda Dyson, M.D.

Change for Life Wellness and Aesthetics Center
650 Pennsylvania Avenue, SE, Suite 250, Washington, DC 20003
(One Block from the Eastern Market Metro)

Visit Our Website For Exclusive Video and More Details On How You Can Lose Inches TODAY!!!

CFLFACES.COM

lookout

It's Not a 'Fantasy'
Mariah Carey fills
an empty judging seat
on 'American Idol' **35**



Sound Bets



Dig the New Breed

When a group of punks in their late teens call their 2011 debut album "New Brigade," you might be suspicious. After all, there's not a lot that's new about Danish quartet Iceage, a band most reminiscent of early Wire: speedy but atmospheric, like art-school kids hopped up on

amphetamines.

But that's the wrong way to consider this promising group — or any band that recalls an earlier era. Art builds on art; it's not created in a

vacuum. When I first heard the Dream Syndicate in the 1980s, I didn't know about the Velvet Underground. But if I was a longtime fan of Lou Reed and Co. and then heard the Dream Syndicate's revival of that sound, it would have been my loss if I rejected that excellent band simply on the fallacy of believing something has to be "new" to be good.

Young people should claim modern punk as their own without admonishment from Grandpa Mohawk. A fresh generation tapping into an old power is a powerful thing — if not for you, for them.

Ultimately, music is rarely about being new. It's about renewal.

Iceage plays tonight at Black Cat with Dirty Beaches, Give and Satan's Satyrs.

Read Christopher's previous columns at:
expressnightout.com/soundbets

(A Little Bit) Country

For outsiders, such as Staind's Aaron Lewis, the genre can be tough to break into

Music

It's a career reboot that requires more than just a new pair of boots.

In 2008, Darius Rucker, formerly of soft-rock band Hootie & the Blowfish, released a twangy solo album. Today, he's enjoying another summer on the road as an A-list country star. In April, R&B great Lionel Richie scored his first No. 1 album since the Reagan administration with "Tuskegee," a batch of his vintage hits reimagined as duets with country A-listers, including Rucker. It's currently the highest-selling album released in 2012.

"It hasn't been easy in any way, shape or form. The biggest thing that I run up against is, 'He's not country.'"

— AARON LEWIS, SINGER OF THE HARD-ROCK BAND STAIND, ON TRYING TO BREAK ONTO THE COUNTRY MUSIC CHARTS

But if it looks as if Nashville's tent is getting bigger, look again.

"The genre is not friendly to newcomers," says Aaron Lewis, the latest refugee to set his sights on the country charts. After 16 years fronting the multi-platinum rock group Staind, Lewis released his first solo EP last year, a collection of country tunes called "Town Line."

Supportive Staind fans quickly pushed "Town Line" to the top of Billboard's country albums chart. Its first single, "Country Boy," featured guest turns from country roy-



Country legend Kenny Rogers, left, joined Lionel Richie at a concert for Richie's duets album "Tuskegee."



Ex-Hootie & the Blowfish singer Darius Rucker has successfully gone country.

als George Jones and Charlie Daniels and was nominated for CMT and ACM awards. But radio wouldn't touch it. Dyed-in-the-denim country fans kept their distance.

"It hasn't been easy in any way, shape or form," says Lewis, who performs at the Birchmere on Tuesday. "The biggest thing that I run

up against is, 'He's not country.' ... It's frustrating."

Alison Bonaguro, who writes about country music for CMT.com, says it's typical. Despite the unlikely triumphs of Rucker and Richie, the industry isn't rolling out red carpets for any old artist hopping to hit reset in Nashville.

"It's not as hospitable as you'd think," Bonaguro says. "I think there's a little clique-iness, [a feeling] that it's almost not fair that there's so many people wanting a piece of that pie."

Lewis, who is trying to get his single "Endless Summer" on radio before summer ends, is lobbying Staind fans to "torture" the nation's request lines, hoping to make country fans of them in the process.

"A lot of them had never, never listened to country before," Lewis says of his flock. "Now, they're branching out into country and growing an appreciation for it."

But even if he brings new ears to the genre, the blanket skepticism that so many country fans reserve for outsiders remains a huge obstacle. It all reminds Bonaguro of "Gone Country," a 1994 song by Alan Jackson that takes a jab at musicians looking for a shortcut to stardom by way of Music City:

He's gone country / Look at them boots.

He's gone country / Oh, back to his roots.

"That's an old song, but God, it's still so true," Bonaguro says. "For some people in the industry, it's a philosophy."

CHRIS RICHARDS (THE WASHINGTON POST)

● Aaron Lewis at Birchmere, 3701 Mt. Vernon Ave., Alexandria; Tues., 7:30 p.m., \$40.50; 703-549-7500, Birchmere.com.

Failures

Country Wrong

Historically, outsiders haven't had good luck going country. In 2008, pop singer Jessica Simpson's country debut, "Do You Know," debuted at No. 1 but quickly vanished from the airwaves. She left her label a year later. Meantime, Broadway singer Laura Bell Bundy fared even worse. Her 2010 country disc, "Achin' and Shakin'," failed to make a dent on the charts. That might be because, fabricated or not, credibility is still a leading virtue in country music. (C.R.)

entertainment **lookout**

IAN WITLEN



1 Making Waves

Surfer Blood sounds exactly like what would happen if you grew up listening to Weezer and the Pixies and decided to start your own band. The Florida group, which specializes in jangly indie rock, also has a song called "Twin Peaks" about staying up late and watching the work of filmmaker David Lynch, which sounds like fun to us. **Rock and Roll Hotel, 1353 H St. NE; Tues., 7 p.m., \$16; 202-388-7625, Rockandrollhoteldc.com.**

2 Cigarettes and Chocolate Milk

Rufus Wainwright's voice is something that either makes you believe that angels walk (and sing) among us, or that the singer-songwriter made a deal with the devil somewhere along the way. And it's tough to think of a better lyricist working today, particularly given Wainwright's latest, "Out of the Game." He's at Wolf Trap tonight with Ingrid Michaelson. **Wolf Trap, Filene Center, 1645 Trap Road, Vienna.; Tue., 8 p.m., \$30-\$75; Wolftrap.org.**

3 You're Only Young Once

Wanna see a dead body? Poking at a corpse is the impetus that sets four boys on a quest that would never happen in today's helicopter-parent-ruled world but does in "Stand by Me," showing at Bethesda Outdoor Movies. See Wil Wheaton, River Phoenix, Corey Feldman and Jerry O'Connell before they were stars, turning in performances most adults would covet. **Norfolk and Auburn avenues, Bethesda; Tue., 9 p.m., free; Bethesda.org. (Bethesda)**



Fierce Style. Fierce Attitude. Fierce Action.

BE FIERCE

Volunteer for an HIV vaccine research study.

HIV-negative men and M-to-F transgender people 18 to 50 years of age can take action by volunteering in an HIV vaccine research study. There is no risk of infection from the vaccine and volunteers will be compensated for their participation.

1-866-833-5433
TTY 1-866-411-1010
vaccines@nih.gov
hopetakesaction.org

High Blood Pressure?



You may qualify for a clinical research study to evaluate the safety and effectiveness of an investigational combination of FDA-approved oral medications intended to treat hypertension.

Qualified participants will receive at no cost:
 All study-related procedures and study medication.

You may be compensated for time and travel

To see if you qualify contact:

Millennium Clinical Trials

703-527-8100

(We are metro accessible)



The museum that won't leave you bored to tears.



Where should people go for the best? Tell them! Nominate your favorite local business in dozens of cool categories. Then, read about the winners in our Best of 2012 issue—available October 18!

Nominate at
expressnightout/bestof
August 1–August 17

Express. Just what you need.
 News, Lifestyle, Entertainment, Sports

XX292 2x4 Nominate a



He'll haul in your late model pickup truck.

Sell your stuff in Express.

Place your Classified ad today.
202-334-6200.

express

A Publication of the The Washington Post

expressnightout.com

Classified ads appear in Express and The Washington Post.

xx179 3x2

lookout TV tonight

Best Bets

CW
9:00



The L.A. Complex Abby (Cassie Steele, left) has a disastrous first day on the TV show "Saving Grace." Things aren't much better for Nick, who has to work with a former fling.

TNT
9:00

Rizzoli & Isles Jane (Angie Harmon, left) and Maura (Sasha Alexander, right) try to determine whether a bride's murder is connected to her Eastern European heritage or a simple case of jealousy on the part of the groom's ex. Jane's new neighbor catches the eyes of Angela, Frost and Frankie.



NBC
10:00

Love in the Wild It's down to two couples, and their final challenge involves an overnight mission through swampy rice fields and choppy waters that will put their relationships to the ultimate test. In the end, one couple wins a romantic trip around the world. (TRIBUNE MEDIA)



ZOMBA RECORDING CORP.

15 AWESOMEST BOY BANDS

Let's Hear It for the Boys

E! 9:00 Some boy bands have endured and others have melted away faster than an ice cream cone in the July sun. "Awesomest" recalls some of the genre's venerable figures, such as New Kids on the Block, 98 Degrees and Backstreet Boys, above. Leesa Coble, editor-in-chief of Tiger Beat magazine, sums up the music and its enduring appeal: "As long as there are teenaged girls, there will always be boy bands."

KEVIN McDONOUGH (UNIVERSAL UCLICK)

Specials



Mob Mentality

Actors, historians and law enforcement officials discuss "The Godfather Legacy" (9 p.m., History) and the ways the fabled Mario Puzo gangster novel and its three big-screen adaptations reflected real life and even influenced subsequent criminal behavior in this special. (K.M.)

DO SOMETHING MONUMENTAL

Prepare yourself for leadership in government or the private sector with a Master's degree in **Government** from Johns Hopkins University in Washington, DC.

Upcoming courses this Fall include:

- » Leadership Skills in the 21st Century
- » Digital Politics: Creating Power and Influence Through Emerging Technologies
- » The Politics and Policies of Healthcare in the U.S.
- » U.S.-Mexico Relations: Immigration, Trade, and Organized Crime

Applications are still being accepted for Fall 2012!

Learn more & apply online:
government.jhu.edu



JOHNS HOPKINS
UNIVERSITY

Krieger School of Arts & Sciences
Advanced Academic Programs

Investigational Vaccine to Prevent Breast Cancer Recurrence

Are you a breast cancer patient interested in participating in a clinical trial that may prevent breast cancer from returning?

Currently enrolling for an investigational drug trial to evaluate the effectiveness of the **NeuVax™** (nelipepimut-S or E75) vaccine to prevent or delay breast cancer recurrence after standard of care initial treatments (chemotherapy, hormone therapy, radiation therapy).

Who is eligible:

- Lymph Node Positive (NP) Patients
- HER2 Negative cancers
- Stage II-IIIa breast cancer, currently under treatment or completed chemotherapy or radiation within the last 30 days

For more information:

Ralph V. Boccia, M.D., F.A.C.P.
Center of Cancer and Blood Disorders (VEEDA Network)
Bethesda, Maryland
Phone: 301-571-2016
(ask for Natalie Bongiorno, RN, research administrator)
Email: nbongiorno@ccbdmd.com

For more information and listings of other study sites, please visit: www.NeuVax.com | www.ClinicalTrials.gov
(Identifier: NCT01479244)

Need some more personal space?

Digs

The last Friday of each month in Express.

Reach
over
300,000
readers
daily

express
marketplace

JOBS • RENTALS •
HOUSES • WHEELS
• STUFF • AND MUCH
MORE...

To place a classified, call
202-334-6200.

To advertise a job, call
202-334-4100.

Credit cards accepted.



XX653 1x10.5

JOB

ACTIVISM

Campaign Jobs!
WORK FOR CLEAN AIR!
Work on behalf of the League of
Conservation Voters to:
FIGHT GLOBAL WARMING
SAVE LIVES
MAKE A DIFFERENCE
FT/PT Career positions available. \$9-\$12/hr.
Arlington, VA & Washington, DC
Call Grassroots Campaigns:
571-732-0065 or 202-797-9655

Activism

SUMMER JOBS! Protect Reproductive Rights

Work for Grassroots Campaigns
Earn \$355 - 535 /week
FT/Career
Call Morgan
202 797 9655

Driver - 37 Driver Trainees Needed Now!
No exp required. CDL Training available. Start at
\$45K plus benefits. Veterans encouraged to apply.
Call Now! 1-800-251-3946

HUMAN RESOURCES ADMINISTRATOR - LICENSURE POSITION # 922GD35001

Chesterfield County Public Schools, located
south of Richmond, VA, is recruiting for the
position of Human Resource Administrator for
Licensure. Position is responsible for providing
consultative and technical services to ensure
employees are properly licensed in accordance
with regulations adopted by the Commonwealth
of Virginia Board of Education.

Position closes July 26, 2010.

Applicants must apply on-line at
www.chesterfield.k12.va.us
and email a cover letter and resume to
Brandy_Shepherd@ccps.net.
Complete job description and application
procedures are available on the website.
EOE/M/F/D

LEGAL ASSISTANT

Trials/ Criminal Defense, Silver Spring.
Highly-rated criminal defense lawyer.
You will join our team defending civil
liberties & learning powerful persuasion.
<http://katjustice.com/JOBS.htm#ft>

LOAN DELIVERY SPECIALIST

For busy mortgage co. in Fairfax City. Exp deliv-
ering loans to secondary market and/or quality
control background preferred. Must be able to
work in fast paced environ. Excellent benefits.

Email resume to careers@cumortgage.net

MEDICAL ASSISTANT- OB/GYN practice in NOVA
needs friendly dependable, self starter. P/T-F/T.
Fax resume 703-532-0609

PROCESSING ASSISTANT

For busy mortgage co. in Fairfax City. Must be able
to work in fast paced environment and support
multiple processors with large pipelines. Min.
1 year experience required. Excellent benefits.

Email resume to careers@cumortgage.net

RESIDENTIAL & COMMERCIAL CLEANERS

If you have cleaning experience, legal, possess
your own car, we have the perfect job for you.
Great hours, great pay. Call MaidPro of Capitol
Hill at 202-399-3140 to schedule an interview.

SALES

Constellation Energy
up to \$35.00/hr
Laurel, MD
301-361-1111

SALES

Bath Fitter, the #1 bathroom remodeling company
in the USA is looking for part-time representatives
to work 20-30 hours per week at Lake Forest,
Wheaton, and Montgomery Malls, and at various
local events and festivals in and around the D.C.
area. Duties include, answering general product
questions, maintaining the appearance of the dis-
plays, and creating interest regarding our product.
Flexible hours in a fun work environment.

If you feel you are right for the job,
call 301-332-7510 ask or leave a message
for Jason or email your work history to
jmeares@bathsaver.com.

Tutor needed for PHD student.
PHD required must have editing skills.
Must have prior knowledge of literature reviews.
Please call 202-582-0172

JOB

Senior Grants Administrator



The George Mason University, School of
Public Policy, located at the Arlington campus,
invites applications for a Senior Grants Admin-
istrator to perform all pre-award functions for
sponsored programs (FY 2012 volume: over
\$40M in proposals and \$3.2M in research expen-
ditures), duties include proposal development,
rebudget requests, contract certifications, etc.

Incumbent should have a basic understanding of
public policy research and proposal applications
for externally sponsored funding; and demon-
strated knowledge of federal, state and external
sponsor regulations related to grants/contracts.
A bachelor's degree in public policy, business,
accounting or a related field is strongly preferred.

To apply for position 02500Z, go to
<http://jobs.gmu.edu/>
EOE

CAREER TRAINING

Medical Office Trainees Needed!

Become a Medical
Office Professional now!
No Experience Needed!
Hands on Training &
Job Placement Assistance!
CTI can get you trained
& Job Ready ASAP!
1-888-567-7685

Computer Repair & Help Desk Trainees Needed!

Train for a career in
Computers at CTI!
No Experience Needed!
Hands on Training & Job
Placement Assistance!
Get the IT skills you need
for the job you want!
1-888-567-7685

Office Support Trainees Needed!

Train to become an
Administrative Assistant
at Career Technical Inst.!
No Experience Needed!
Hands on Training & Job
Placement Assistance!
Call for more details!
1-888-567-7685

Are you good with details?
Do you want to be a part of the
healthcare industry without
working with blood?

Open yourself up to new
possibilities with training in
Medical Billing and Coding!
Classes starting soon.
888-807-6333

Sanford-Brown College
1761 Old Meadow Rd. • McLean, VA 22102
SanfordBrown.edu

Sanford-Brown College is certified by the State Council
of Higher Education for Virginia (SCHEV) to
operate campuses in Virginia.



CAREER TRAINING

CAREER TRAINING

Not enough hours in the day?

Evening classes start soon*

*Evening classes not available for all programs

Hands-on training from Fortis Institute can
prepare you for a future in:

- Dental Hygiene • Expanded Function Dental Assistant • Medical Assistant
- Medical Billing and Coding • Medical Laboratory Technology • Pharmacy Technician
- R & D Lab Technician



1-877-809-9152

www.FortisCollege.edu

4351 Garden City Drive • Landover, MD 20785

For consumer information, visit www.Fortis.edu
Flexible schedules, career placement assistance for all graduates
and financial aid for those who qualify.

CAREER TRAINING

CAREER TRAINING

DENTAL ASSISTANT

Trainees Needed Now!
Dental Offices now hiring. No experience? Job
Training & Placement Assistance Available.
1-800-678-6350

PHARMACY TECH

Trainees Needed Now
Pharmacies now hiring. No experience?
Job Training & Placement Assistance Available
1-877-240-4524

LOOK NO FURTHER!

Train for a new career in
Medical Billing and Coding!
Call Now! **800.761.7504**
TESST College of Technology
Information about programs at
www.go.TESST.com

Medical Assistant Trainees Needed!

Medical Assistant Training
now available at CTI!
No Experience Needed!
CTI can get you trained
& Job Ready ASAP!
New Class forming now!
Call for details!
1-888-567-7685

expressnightout.com

WHO KNEW!

Training in Medical Assisting is quicker than
you think at Sanford-Brown. CALL TODAY!
Text DAYONE to 94576 or call
888-809-2333 • sanfordbrown.edu
SBI - 8401 Corporate Dr., Ste 500, Landover, MD 20785
SBC - 1761 Old Meadow Rd., McLean, VA 22102

Sanford-Brown College is certified by the State Council of Higher
Education for Virginia (SCHEV) to operate campuses in Virginia.

Why be Ordinary When You Can
be extraordinary?



Falls Church (main)
Silver Spring (branch)
Washington, D.C. (branch)

Not all programs available
at all locations. For useful
consumer information,
please visit us at www.medtech.edu/consumerinfo.
MedTech, located at 6565
Arlington Blvd, Suite 100
Falls Church, VA 22042 to
operate in Virginia.

Call
Now **1-877-691-9494**
aboutmedtech.com

Thinking of changing your
life **ONE DAY?**

**Train to become a
NURSE! Call now!**

Text DAYONE to 94576
or call
888-790-2444

Sanford-Brown College
1761 Old Meadow Rd. • McLean, VA 22102
SanfordBrown.edu

Programs vary by campus. Sanford-Brown College is
certified by the State Council of Higher Education
for Virginia (SCHEV) to operate
campuses in Virginia.



CAREER TRAINING

CHANGE YOUR
**FUTURE
NOW!**

Transportation Assistance
Available Monthly*

Financial Aid Available
To Those who Qualify.
Job Placement Included.
Receive a Computer at No Cost to
you.† Flexible Class Schedules.

AVAILABLE PROGRAMS:

- Medical Assistant
- Medical Phlebotomy Technician
- Medical Office Administration
- PC Specialist

**OPEN
HOUSE**
July 25, 31



*A maximum of \$10 per day for every day the student is present and on-time. †Available to all graduates with above a 3.0GPA and 90% attendance.

Technical Learning Centers

CALL NOW:
(202) 223-3500

1720 I St. NW Suite 200
Washington, D.C. 20006
Visit our Website: www.tlc-corp.com

An Extraordinary Career,
AN EXTRAORDINARY YOU!

**Radians College can prepare you to enter
the growing field of nursing.**

Make a difference in:

- Nursing homes
- Hospitals
- Urgent care facilities
- Physicians' offices

Our programs include:

- Licensed practical nursing
- Registered nursing



**RADIANS
COLLEGE**

1025 Vermont Avenue N.W., Suite 200
Washington, D.C. 20005

Call Now: 1-888-445-6223 radianscollege.edu

Career Training

**CALL US
TODAY! 1-888-291-1351**
Apply online at www.SeeEverest.com

Health Care Career Training Starts Here!

**Everest
COLLEGE
Everest
INSTITUTE**

Everest College
8620 Westwood Center Drive • Vienna, VA 22182
14555 Potomac Mills Road • Woodbridge, VA 22192

Everest Institute
8757 Georgia Ave. • Silver Spring, MD 20910

Programs and schedules vary by campus • CTO SCHEV • Accredited Member, ACICS
For more information about our graduation rates, the median debt of students who
completed the program and other important information, please visit our website at
www.everest.edu/disclosures.

CAREER TRAINING



Love Animals? Want to help make a difference
in their lives? Start training in Veterinary
Technology today! Classes are starting soon.
Text DAYONE to 94576 or call 888-790-2444
Sanford-Brown College

1761 Old Meadow Rd. • McLean, VA 22102
Sanford-Brown College is certified by the State Council of Higher
Education for Virginia (SCHEV) to operate campuses in Virginia.

sanfordbrown.edu **888-792-3444** **Sanford-Brown
COLLEGE**

Want to make a
change in your life?

Interested in Healthcare?
We offer hands-on training in a variety of
healthcare fields.

Classes Starting Soon! Call today!

Sanford-Brown College

SBI: 8401 Corporate Drive, Suite 500 Landover, MD 20785
SBC: 1761 Old Meadow Rd. • McLean, VA 22102
Programs vary by campus. Sanford-Brown College is
certified by the State Council of Higher Education for
Virginia (SCHEV) to operate campuses in Virginia.

Text DAYONE to 94576 Or call

888-791-3444
sanfordbrown.edu **Sanford-Brown
COLLEGE**

PHLEBOTOMY
Training workshops
Doctor's Help **301-567-5422**

MEDICAL ASSISTANT
In 10 Weeks
1-800-460-4138
CTO SCHEV

**FREE PARAMEDIC
TRAINING**

Are you unemployed or on unemployment
or not making enough income?
**Start your Career today
as a Paramedic.**

Work on the ambulance or in a hospital.
Training is free to DC residents. We're located by
Penn Branch Shopping Center, Westlink, 3300
Pennsylvania Ave., SE 20020
phone: **202.582.5465** or email:
dasiamerriweather@yahoo.com

Prepare for an exciting career as a
Massage Therapist
in as little as 9 months!

CALL NOW

To Get Your Free
Massage Therapy
Career Guide!

888-797-0851

National Massage Therapy Institute
Falls Church, VA
www.nmti.edu

**TRAIN FOR A
CAREER AS A
MEDICAL ASSISTANT AT
EVEREST COLLEGE!**

Programs and
schedules
vary by campus.
FINANCIAL AID
AVAILABLE FOR
THOSE WHO QUALIFY
CALL NOW!
1-888-259-5889

Visit us online at
www.SeeEverest.com

VA Schools are
CTO SCHEV
For useful consumer
information, please
visit us at
www.everest.edu/disclosures

**Everest
COLLEGE**

Equal Housing Opportunity

CAREER TRAINING

REINVENT YOURSELF TODAY!

Train to become a
MEDICAL ASSISTANT!
Call Now! 800.761.7504
TESST College of Technology
Information about programs at
www.go.TESST.com

PHLEBOTOMY
In 10 Weeks
1-800-417-8954
CTO SCHEV

NURSE ASSISTANT
Med Tech/CPR 19 Days
240-770-8251 OR
240-233-1226

MED BILL & CODING
Trainees Needed Now
Medical Offices now hiring. No experience?
Job Training & Placement Assistance Available.
1-866-294-0466

**BUSINESS AND
FINANCIAL OPPORTUNITIES**

BAD/NEGATIVE CREDIT
Removed from Credit Report. Guaranteed or
your money back. **202-775-6932**



SOFT SERVE ICE CREAM- For sale, est. & suc-
cessful ice cream kiosk in Culpeper. Voted 2012
Best Ice Cream Shop! Strong revenues! Looking
for a great investment? Call Tom 540-812-9033

STUFF

6PC Bedroom Cherry Set.
New in boxes \$325.
Can Deliver. 301-399-7870

Apple G4 Dual 1GHz PowerMac \$99
VA: 703-370-5440 MD: 301-931-6630
WWW.PCRETRO.COM

Pillowtop Qu mat. set. Value \$289, Asking \$150!
3Pc king pillowtop mat. set. Value \$499, Asking
\$250. New in Plastic. Can Deliver. 301-343-8630

**SMALL COLLECTOR PAYS CASH
FOR COINS/COLLECTIONS.**
Call Al. 301-807-3266

PETS**ADOPTA CAT/KITTEN**

Vet checked. Call Feline Foundation.
703-920-8665 www.ffgw.org
Mini Schnauzer—\$500 AKC Parents on Premises
Dewclaws Tails Shots Health Guarantee Expe-
rienced Breeder No Shedding! 410-979-1269

DC RENTALS

ANACOSTIA-Join a gated CO-OP- Don't Just Rent
Refurb 2 & 3 BR 1BA Grdn Apts- \$749-\$995. Only
3-4 Blks Metro-Safeway- Schools. **202-889-5946**

**GLENDALE PLAZA
APARTMENTS**

Apartments
from **\$1,199***

**Newly Renovated
High Rise Building**
2BR Special \$1,199
if moved in by 7/31/12.

* Offer ends 7/31/12

4651 Nannie Helen Burroughs Ave. NE
M-F 8:30-5PM

202-640-1213

DC RENTALS

Paradise at Parkside

**\$1200 Free Rent
on ALL 2 Bedrooms****

1 Bedroom starting from \$790
0 Application Fee
\$99 Holding Fee*

- Metro Bus Stops
located several
stops throughout
the property
- Community Center
provides after school
programs, summer
programs and
computer learning

*Must move in by 8/15/12 to qualify
**\$99 holding fee is for qualified applicants only.
Leasing office open every 1st Sat. of the mo. from 10-9.
** On 2Brs only: M-F 8:30-5:00
Open Saturdays by appt. only
3551 Jay St. NE • Washington, DC 20019

202-388-0274

**CARVER TERRACE
APARTMENTS****JULY BLOWOUT
SPECIAL...**

- ✓ Free Rent On All Vacant 2
and 3 BR Units
- ✓ \$0 Application Fee
- ✓ \$99 holding deposit required
w/application

All Approved Applicants will be entered into a
drawing for the following prizes:

1st Prize: 37" or 39" Flat Screen Television
2nd Prize: Nook or Kindle • 3rd Prize: iPod

888.891.8472

*Must move in by July 31st to qualify for special
1909 MARYLAND AVE., NE • WASHINGTON, DC 20002

NW - 1BR \$969 incl util. Laundry on-site.
Lead Safe!!
Ms. Mitchell 301-316-4590 EHO

NW- 5406 3rd St. Newlyrenov, 1BR + den
crpt/hwdfloor. Nearmetro.\$975+util
Delwin Realty 301-608-3703 ext. 119

NW - 744 Harvard St NW
1BR, renov, w-w carpet, W/D, \$1300 + util.
Call Delwin Realty 202-561-4675

Shipley Park Apts. SE

1 BRs \$795 • 2BRs \$905
\$40.00 Application Fee

- Newly Renovated Apartment Homes
- Hardwood Floors • Near THEARC
- Oak Kitchen Cabinets w/ Breakfast Bar
- Microwave, Dishwasher, Garbage Disposal
- Controlled Access
- Central Heat and A/C
- Laundry Facilities
- FREE Shuttle Bus

www.wcsmith.com
2532 Southern Ave, SE • Washington, DC

888.286.7195

SE- 1BR apts & 1BR w/ den apts.
\$850 & up + elec. No Pets.
202-265-4814, 202-629-2606. Fred A. Smith Co.
S.E. DANBURY ST. - Attractive 1BR \$750.
1st month rent free. Good Credit Required.
Metro Bus at Corner. Call **202-563-1791**

expressnightout.com

DC RENTALS

South East

PARK NAYLOR APARTMENTS

1 & 2 BEDROOM APTS & DUPLEXES
\$0 APP FEE • \$99 DEPOSIT

- Central A/C & Heating
- Free Heat & Gas
- Community Center
- Controlled Building Access
- Renovated Apartments
- Patios/Balconies
- Ask About Our Government and Senior Discounts

888-703-6882
2562 Naylor Rd., SE
Washington, DC 20020
8:30am - 5:30pm M-F

SE

Start Your Summer Off Right @ Friendship Court

- Central Heat & Air
- Wall-to-Wall Carpet
- Close to Shopping, Banking & Metro Accessible

1 & 2 Bedrooms

Call For Details!!!
202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Crescent Park Village

1 BR Starting at \$845

Ask About Our Specials!!!

- Largest floor plans in the area
- Central heat & A/C
- All new kitchens and baths
- Intercom System
- On-site laundry facilities
- Metrobus at your door
- Near shopping, hospital and schools

www.wcsmith.com
#2 Elmira St., SE
1-888-807-6760

*Call for details

1 Bedrooms: \$875

SE - Randall Highlands

Hillside Terrace

- Beautiful Apt. Community
- Renovated Kitchens & Baths
- Ample Closet Space
- Close To Shopping
- On and Off Street Parking

www.wcsmith.com
1812 23rd St., SE • Washington, DC
866.646.7056

Open House Daily 8-7 Sat. 10-2 *Except Thursdays

South East A Vesta Property

Village at CHESAPEAKE

- Immediate Move-in • All Credit Considered
- No Application Fee • Vouchers Welcome

820 Southern Ave Wash DC. 20032
202.640.4777

DC RENTALS

BANNEKER PLACE APARTMENTS

Scorching SUMMER SPECIAL

Call for Discount
1 & 2 Bedrooms

Starting at:
\$815 - \$915

(866) 759-3646
Professionally Managed By CIH Properties, Inc.

SE

2 Bedrooms fr. \$1200* 2 Bdrm/loft fr. \$1312*

- Washer & dryer
- Individually controlled A/C
- Wall-to-wall carpeting
- Complimentary Alarm Syst.
- Free off-street parking

ROYAL COURTS

866-208-9686
3719 4th Street SE
*Mini & Maximum income restrictions apply

The Colonnade

1 Bedroom \$845

Utilities Included

4501 South Capitol St., SW

- Controlled entry
- Renovated kitchens, baths, and lighting fixtures
- Near shopping, hospital & schools
- On Metro Bus Route
- Walk-in closets
- Laundry facilities on-site
- 24HR Emergency maintenance
- Adjacent to 295, 395 & the Capital Beltway

www.wcsmith.com William C. Smith + Co.
1-888-865-0763

SUNSHINE SPECIALS!

Save Over \$600 A Year!

Anacostia Gardens

3600 Ely Place S.E., Wash. DC 20019

- Spacious 1, 2 & 3BRs
- Central AC/Heat
- 24 hr onsite laundry facilities
- Resident controlled access
- 1 Block from metro & shopping
- Across the street from park & recreation

FREE BASIC CABLE
M-F 9-5 SAT 10-2
(202) 640-4774

Southeast EHO

3-2-1 SPECIAL!

\$300 Off 1st Month
\$200 Off 2nd Mo/
\$100 Off 3rd Mo

Meadow Green Courts!

1 BR fr. \$810 2 BR fr. \$935
3 BR \$1300
\$20 APPLICATION FEE!

Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT to METRO & DC GOVT employees
(877) 464-9774
3539 A St SE Mon-Fri. 9-5. Sat. 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

DC RENTALS

SOUTHWEST/Metro Convenient!

2 MONTHS FREE ON 2 BR Apartments

Ask about Other Specials

W/W carpet, CAC/I Air/Heat, Dishwasher, Laundry facility, EFFICIENCY \$700
1BR fr. \$775 2 BR fr \$870

EAGLES CROSSING

116 Irvington Street SW,
866-790-5360
M-F 9-5. Sat 10-4
Housing Choice Vouchers Welcome

FRIENDSHIP CROSSING APTS.

Sizzling Specials

You Can Have IT All!

1 Brs Starting at \$775

Minutes to 295, 395, 495 and Downtown DC. FREE HEAT, GAS, WATER, W/W Carpet, Modern Kitchens/Breakfast Bar, Gated Community, Laundry Facility in every bldg.

866.759.0564
Professionally Managed By CIH Properties, Inc.

BEAT THE HEAT WITH FREE AC

CAPITOL PARK PLAZA

All Utilities Included. Fitness Center/ Swimming Pool. Ask about our rent specials on Selected Studio Apartments*
1.877.870.0243

Max. Income Qualifications:
1 pers. \$45,180 • 2 pers. \$51,600
Tax Credit Studio applicants only. Restrictions apply.

201 I Street, SW • Washington, DC 20024
Located Near The S.W. Waterfront
M/W/F 9-7pm; Tu/Th. 9-6pm • Sat. 10-5pm Sun. 12-4pm

SW - 154 Joliet St. 2 BR newly renovated, crpt/hdwd flrs. \$850/month+ gas/electric. Delwin Realty 301-608-3703 ext 119

SW GALVESTON PLACE -- 4BR, 2BA. \$1400 plus utilities, 1st month rent free! Credit check required. Metro Bus Center. Call 202-563-1791

WALDORF - Freshly painted. New flrs. 3BR, 2.5BA TH. Close to St. Charles Town Center. \$1,650. 301-642-8153

MD RENTALS

CAPITOL HTS.

SUPER SAVINGS!!

1525 ELKWOOD LANE • CAPITOL HEIGHTS, MD 20743
CALL TODAY (866) 574-7408
INSTANT PRE-APPROVAL

1 & 2 BRS FROM \$854*

ALL UTILITIES INCLUDED FOR A SMALL FEE

Addison Chapel Apartments

www.addisonchapel.com
EHO *PRICES SUBJECT TO VERIFICATION

expressnightout.com

MD RENTALS

Woodland Springs

Free Application FEE W/AD

Security Deposit As low as \$350 or 1st month's rent (based on credit history)

301-760-4270
6617 Atwood Street • District Heights, MD 20747

Hillside Heights

One Bedrooms \$860-\$950
Two Bedrooms \$1,000-\$1,225

- ONE OF A KIND Renovated units
- Pets Allowed
- Metro and Bus line accessible

Call for specials!
888-619-0052

FORESTVILLE

Oakcrest Towers

Experience Life on The Avenue!
Comfort & Luxury
SPACIOUS MODERN FLOORPLANS!

Efficiencies, 1 & 2 BRs

Rents from \$779

CONVENIENT LOCATION
LET US FIND YOU THE PERFECT HOME!

CALL NOW! **(888) 831-7065**
WWW.OAKCRESTTOWERS.COM

Some restrictions apply

FORT WASHINGTON, MD - Share SFH. Fully furnished room with refrigerator, microwave, CATV, wireless net. \$175/week. Call 301-775-0019

NEAR M METRO
FORT WASHINGTON - Near Harbour, Metro & Nat'l Park. 3BR, finished basement, parking, newly renovated kitchen & BA. \$1695. 301-377-6714

HYATTSVILLE

FLEETWOOD VILLAGE APTS.

- FREE WATER, GAS HEATING & COOKING
- FREE APPLICATION FEE (with this ad)
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

Call Now For Our FANTASTIC SPECIALS!
721 Chillum Road • Hyattsville, MD 20783
866-315-8849

Call Now For Our FANTASTIC SPECIALS!
721 Chillum Road • Hyattsville, MD 20783
866-315-8849

expressnightout.com

expressnightout.com

expressnightout.com

expressnightout.com

MD RENTALS

HYATTSVILLE EHO

CYPRESS CREEK APARTMENTS

STARTING FROM THE \$900'S

Ask About FREE RENT

- Instant pre-approvals
- Washer/dryer in each apartment
- Minutes to Metro, Howard U. & DC
- Fitness Center and Clubhouse
- 5% OFF students & all gov't employees

Call Today! 888-217-1901
5603 Cypress Creek Dr., Hyattsville, MD 20782
CypressCreekApts.com

HYATTSVILLE

CASTLE MANOR Apartments

1 & 2 Bedroom Apts. from \$830

- Ceiling Fans • Lovely Setting
- Near the New ARTS DISTRICT
- Close to Shopping & Metro

Move-In Special! 1st Month Rent Only \$599 (With a 12 Mo. Lease)

866.464.0993

HYATTSVILLE ARTS DISTRICT

1 & 2 BRS fr. \$775

GARFIELD COURT

Ask About Our Move-in Special

On residential street next to DeMatha HS
Off-street parking - Ceiling Fans (tenant pays electric)
301-779-1734

Hyattsville **866.507.2283**

Summer Ridge

1829 Belle Haven Drive, Hyattsville, MD 20785

- Electronic entry building system
- Free business center
- Free after school program
- Metro Accessible
- Bring in ad to rec. free app. fee

*Income Qualifications		
# Occupants	Maximum Income	
1	\$44,580	
2	\$50,940	
3	\$57,300	
4	\$63,660	

Sec. Dep. fr. \$250*

www.summerridgeapartments.net
summerridgeleasing@comcast.net

Edgewood *w/approved credit
Performance. People. Pride.

Renovated 1 BR Starting @ \$995

All credit considered
*on select 1BR

\$500 OFF
1st Months Rent*

Capital Crossing

- Spacious Floor Plans
- Convenient To Metro
- Available For Immediate Occupancy

Other Unit Styles Also Available

www.wcsmith.com *On Select Units
866.204.8061

MD RENTALS

OXON HILL

FREE UTILITIES

- Swimming Pool
- Private balconies and patios
- Minutes to The National Harbor

Call Now For Our
FANTASTIC SPECIALS!

COLONIAL VILLAGE
908 Marcy Ave. • Oxon Hill, MD 20745
888-583-3047

LANDOVER

GATED COMMUNITY

- Free gas and water
- State-of-the-art fitness center
- Licensed Daycare on Premises
- Right by the new Wegmans

FREE AUGUST RENT
(Selected Units Only)

MAPLE RIDGE
2252 Brightseat Road • Landover, MD 20785
888-583-3045
www.mapleridgeapartments.com

MD RENTALS

HYATTSVILLE

FREE UTILITIES

- Spacious and modern apartments
- Wall to wall carpet
- Dishwasher
- Private balconies/patios

Call Now For Our
FANTASTIC SPECIALS!

FLETCHERS FIELD
5249 Kenilworth Ave. • Hyattsville, MD 20781
866-805-0782

RIVERDALE

GATED COMMUNITY

- Fitness center on property
- Beautiful kitchens
- Washer/Dryer
- Outdoor & Indoor Pools

Call Now For Our
FANTASTIC SPECIALS!

PARKVIEW GARDENS
6400 Riverdale Road • Riverdale, MD 20737
888-251-1872
parkviewgardensapartments.com

MD RENTALS

LANDOVER

FREE UTILITIES

- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Mins. from Wegmans

GREAT LOCATION!
SMART CHOICE!

KINGS SQUARE
3402 Dodge Park Rd. • Landover, MD 20785
877-898-6958
www.kingssquareapartments.com

RIVERDALE

1, 2 & 3 BR APTS.
HUGE 2 BR
TOWNHOMES

- Roomy, modern apts.
- Private balconies/patios
- Cathedral ceiling

Call Now For Our
FANTASTIC SPECIALS!

RIVERDALE VILLAGE
5409 Riverdale Road • Riverdale, MD 20737
800-767-2189

MD RENTALS

**The Sooner You Move,
The More
You Save!!**
Save up to \$2100!!*

**Brand New
2BRs from
\$1452***

- Brand New kitchens and baths
- Minutes to Silver Spring/Bethesda Metro
- Pool and Business Center
- Bus stop at community entrance

PADDINGTON SQUARE
240-752-6947
8800 Lanier Dr. • Silver Spring, MD 20910

*Limited time offer.
Income restrictions apply.
Call for more info.



MD RENTALS

MD RENTALS



Marlow Heights



1BR Special from \$899
2BR \$999 • 3BR \$1300

Amenities

- Beautiful Location
- Spacious Apartment Homes
- Garbage Disposal & Dishwasher
- Laundry Facility
- Wall-to-Wall Carpet
- Refrigerator in unit
- Central A/C & Heat
- 24 Hour On Call Maintenance

Second Chance Program!
Call Us!

1(888) 822-0583



9-6 M-F • 10-5 SAT
Call today to schedule a tour!



Shadyside Gardens



1BR \$985
2BR \$1140
Must Move In By July 31ST

Amenities

- Large Walk-In Closets
- Washer & Dryer in every apartment home
- Wall-to-Wall Carpet
- Private patio or balcony
- Sparkling Swimming Pool & Playground
- Individually controlled heat & A/C
- Dishwasher
- Pet Friendly

2 Blocks from Metro!
Call Us!

1(877) 237-4868
SGA@Finesagroup.com



Call today for a tour in our Apartment Model!
*Prices subject to change

SUITLAND

PARKWAY TERRACE

1 BRs fr \$860
2 BRs fr \$968

\$30 Application Fee

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tbls & grill

Maximum income limits apply
877-608-6548

3415 Parkway Terr. Dr. Suitland, Md.
Mon-Fri. 9am-6pm. Sat. by appointment only



**Specials are
Heating Up This
Summer at
STATION SQUARE!**

Move-in ASAP, no
later than 7/15/12
and get \$800 Off
your 1st Month.*

Join us for
OPEN HOUSE
this weekend and take
advantage of these
Scorching HOT DEALS!

1 Bedrooms \$1,030.00
2 Bedrooms \$1,195.00
3 Bedrooms \$1,495.00

ALL UTILITIES INCLUDED

*Limited time offer; Offer on select 1 & 2 bedroom ground level units.

301-825-9162

www.morgan-properties.com
3400 Pearl Drive, Suitland, MD 20746



Marlow Plaza Apt.



1, 2, & 3 Bedroom Apartments
Bedrooms Starting @ **\$935**

Apply, be approved and move-in
by May 15TH and get \$200 off.
Receive \$50 off your rent for a
1 Bedroom (12 month lease only).



Call today for a tour of your new home!
Call Us! **1(888) 803-3184**



express nightout
expressnightout.com

XX072 b.5

Free 6-Week Summer Camp.

Come Visit Us: Mon. thru Fri. 8 am - 5 pm • Sat. 10 am to 4 pm • Sun. 12 pm - 4 pm



MD RENTALS

MD RENTALS

MD RENTALS

Rosecroft Mews



1, 2, & 3 Bedroom Apartments
Bedrooms Starting @ \$900

Amenities

- Beautiful Location • Washer & Dryer • Garbage Disposal
- Wall-to-Wall Carpet
- Refrigerator in Unit • Central A/C & Heat • Sparkling Swimming Pool!



Call Us!
1(866)502-4883

Call today to schedule an appointment tour!

"Home is where the heart is"
Carlyle at Harbor Pointe

CURRENT SPECIALS

- Gated Community
- Renovated Apartment Homes
- Newly Renovated Pool
- Metro bus stops at entrance
- Spacious closets
- Individually controlled heat & AC
- Plush wall-to-wall Carpeting
- 24-Hour emergency maintenance



Call Us! **1(866)906-3677**

SILVER SPRING 5 star furn apt, near transportation and shopping center, safe, free cable/internet/utills, N/S, \$32/daily. Omar 240-286-5451

LOCATION LOCATION
SILVER SPRING Forest Glen Metro, newly renov 1 BR, 3rd flr garden Condo, \$1,600/m 757-630-1009 ahmurray@hotmail.com

express nightout
expressnightout.com

express nightout
expressnightout.com

XX072 b.5

SILVER SPR/Forest Glen Metro-
Forest Glen Apts.
301-593-0485

Ask About Our
Move In Special
One & Two BR fr. \$950

Close to the Forest Glen Metro
Off-Str. Prkng/Controlled Access
Ceiling Fans
Housing Vouchers Welcome
UTILITIES INCLUDED

Silver Spring

EHO

ALL UTILITIES INCLUDED
Studios from \$850

- furnished & unfurnished avail
- full equipped kitchen
- bus stop at the door
- Wheaton Metro steps away

The Ambassador
301-942-6001

2715 University Blvd West

SW - 150 Joliet St. Lrg 2 BR,private entrance, hwd flrs. \$850/month+ gas/electric. Delwin Realty 202-561-4675

SW - 150 Joliet St. Lrg efficiency, w/w carpet, lrg walk in closet, private entrance, \$575/month+ gas/electric. Delwin Realty 202-561-4675

Concerts, movies, events,
restaurants and more.

express nightout
expressnightout.com

XX172 b.5

Concerts, movies, events,
restaurants and more.

express nightout
expressnightout.com

XX172 b.5

MD RENTALS

TAK PK—New Hamp. Ave.
MOVE IN SPECIAL
1ST MONTH RENT ONLY \$599
 WHEN YOU SIGN A 12 MONTH LEASE
HILLWOOD MANOR
202-499-2082
1-BRs fr. \$950
ALL UTILITIES INCLUDED
 (a/c extra)
2 BRS. ALSO AVAILABLE
 SPACIOUS APTS W/CEILING FANS
 LOVELY PARK-LIKE SETTING!
 OFF STREET PARKING
 HARDWOOD FLOORS

PARKWAY

Free Utilities
2 Bedrooms from \$1,195*
 BIG Floorplans
 Huge Walk-In Closets
 Close to Metro
 Bus Stop at Entrance
888.691.2507

*Min. & Max Income
 Restrictions. Call for Details



expressnightout.com

expressnightout.com

expressnightout.com

expressnightout.com

MD RENTALS

TEMPLE HILLS
HEATHER HILLS
 ●● Apartments ●●
1-Bedrooms from \$961
2-Bedrooms from \$1240
3-Bedrooms from \$1444
 • Spacious floor plans • Washer/dryer**
 • Amazing closet space • Fireplaces**
 • Controlled Access • Activity Center
 **in select apts.
301.637.6153
www.transformurlifestyle.com
 THE DONALDSON GROUP

VA RENTALS

Alexandria
BRAGG TOWERS
 EXTENDED STAY HOTEL
 Furnished Efficiencies: \$399 Wk • \$1470 Mo
 Cable • Internet • Utilities • Housekeeping
 99 South Bragg St, Alexandria, VA 22312
 703-354-6300 • www.BraggTowers.com

4901 Seminary Rd., ALEXANDRIA, VA
SOUTHERN TOWERS
 Efficiency from\$920* 2 Bedroom from...\$1515*
 1 Bedroom from...\$1170* 3 Bedroom from...\$1825*
 Spacious Penthouse From \$1960*
1st MONTH FREE
 (Select Units Only)

- All utilities paid
 - No Security Deposit or move-in fees
 - Metrobus at front door to Pentagon & Van Dorn Metro
 - Free parking • 24-hour 7-11
 - Convenient to Pentagon, Shopping & I-395
- I-395 to Seminary Rd., West exit to Southern Towers immediately on right. 6 Month Lease Available!
 *All Prices & Specials Subject to change without notice.
 M-F 9-6, SAT 9-5, SUN 11-5

703-485-4154

VA RENTALS

ALEXANDRIA
Meadow Woods
 APARTMENTS
 Spacious 1 & 2 Bedroom Floor Plans
Starting at \$1114*
 Classic or Renovated Options Available
 • Fitness Center • Excellent Location
 • Free Parking • Close to Metro
 3308 Lockheed Blvd.,
 Alexandria, VA 22306
 Visit **www.meadowwoodsapts.com**
 Call now **888-823-7689**
 *some restrictions apply.

THE BUCHANAN

Fantastic Summer Specials!
 Studios from.....\$1,610*
 1 Bedrooms from.....\$1,790*
 2 Bedrooms from.....\$2,280*
 3 Bedrooms from.....\$2,955*

Bring in this coupon and we'll waive your application fee!
 WWW.BUCHANANAPTS.COM

703.418.3700
 *Prices subject to change without notice, restrictions apply.
 Please contact a Leasing Consultant for more info.

expressnightout.com

expressnightout.com

expressnightout.com

VA RENTALS

crystal plaza
Fantastic Summer Specials!
 Studios from.....\$1,643*
 1 Bedrooms from.....\$1,865*
 2 Bedrooms from.....\$2,505*
 3 Bedrooms from.....\$3,320*
 Bring in this coupon and we'll waive your application fee!
 CRYSTALPLAZAAPARTMENTS.COM
703.415.0660
 *Prices subject to change without notice, restrictions apply.
 Please contact a Leasing Consultant for more info.

ROOMMATES

ANDREWS AFB Area, MD - Nice furnished room, nice area, kitchen privs. wall to wall. \$550/month + \$150 security deposit. Call 301-467-0981

Capital Heights, MD-\$136-\$156/wk. Small/medium BRS. Near pub trans. Clean. Utills, cable TV, Wi-fi, laundry incl. 301-442-6458

CAPITOL HILL, NE DC Small room for rent fully furnished with DirectTV, \$155/week. Call anytime 202-487-0282 202-398-1781 after 4p

CHANTILLY -Large TH w/2-car gar., deck, 3.5BA, M/F, \$600+ 1/2 utills. Call 703-399-1876

COLLEGE PARK, MD- bsmt furn room, quiet area, OSP, Shr BA/ kit/Ent. Nr Beltway Plaza mall. Serious inquiries only. \$600/m + dep. 240-281-7755

FAIRFAX/FAIR OAKS, VA- Master bedroom with bath, utilities included, \$800/mo. 703-966-9925

HYATTSVILLE, MD- 1BR share kitchen, pvt BA & entrance, CAC, nice & clean. Near PG Plaza metro. \$650/mo+ utills. 301-328-9090

LANHAM Room in basement share house. \$600/month util incld + \$300 sec dep. Call 240-271-8313

LAUREL basement for rent, BR, with private BA, share kitchen & laundry. \$1000/mo, share cable, WiFi & util. No smoking/pets. Call 240-281-1535

ROOMMATES

LAUREL, HC, MD- TH bsmt. 1BR w/ pvt BA, fpl, wet bar, Cable TV & utills inc. \$850. 443-878-3289 or 301-758-3326

NEW CARROLLTON- Shr house, 1BR. New crpt. All amens incl. Cbl/internet. parking avail. Near Metro/MD U. Call 240-752-2078/ 301-306-0073

OLNEY, MD - Share condo, small room available. no smoking, no pets, near transportation/shopping. \$500 + electric. Call 240-351-5150

OXON HILL - Furn. room avail Male pref. Nice house. Share kit. Near stores. On Bus line. 202-549-0060

SIL SPRG/WHEATON- Furn rm for rent, walk to bus/rail, \$150/week + security deposit, utills incl No Smoking. 301-942-1209

SILVER SPRING, MD - Room for rent in White Oak Shopping Center Area. \$650/month + utilities. Available August 1st. Call 301-204-1728

SPRINGFIELD- 4BR Colonial to share, 1.5 Bath, nr metro \$650/m includes everything + full privileges, smokers are present. Mike 703-644-5924

STERLING- 2 rooms \$800-\$1,000, furn or unfurnished, All with pvt bath. Incl all ammen. Call 571-313-1489

SUITLAND Close to Metro, cable/int, W/D, Fplc, all utills incl. Starting at \$160 weekly + dep. 240-424-3660

WOODBIDGE- Lrg. 1BR, Pvt BA, walk out, close to shopping, W/D, near I-95, \$600+ utills 703-861-2926

LOTS & ACREAGE FOR SALE

SCHOONER BAY \$239,000
 Deep water (10-15 ft) canal lot, 1/2 acre+ (300 ft bkld) Best lot in Schooner Bay, near Onancock, VA. Will also swap for Chesapeake Bay or Pocono Condo 631-744-4339 macaskie@aol.com

CARS

CASH 4 CARS & TRUCKS
 Any condition, free towing. Top cash paid on the spot. Call Fish 301-875-9684
CHEVROLET 2006 IMPALA-10 avail. Everyone gets financing. No credit check. Rent to own. \$500 down. Universal Long Term Car Rentals 888-477-1337
JUNK VEHICLES REMOVED FREE
 CASH PAY FOR ALL
 202-714-9835

NEED A VEHICLE? Over 1,000 Cars, Trucks, SUV's! You need 2 Paystubs & 1 Bill-Laurel, MD. Gross income must be \$2k mo. +. Jason 202.704.8213

Give it a rest.

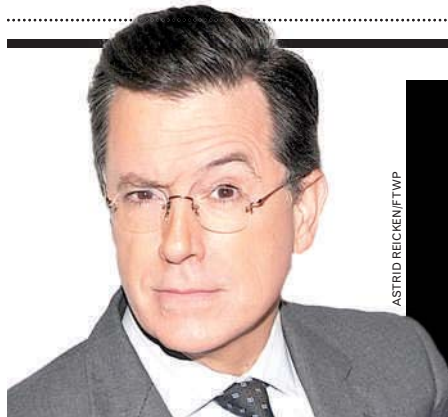
Just 59¢

For a limited-time, get 52 weeks of Sunday-only home-delivery of **The Washington Post** for only 59¢ a week! Or get 7-day home-delivery for just \$1.59 a week!

To subscribe, call toll-free:
1-800-357-9352, Ext. 5
 or visit
wpsubscribe.com/summer2012x

The Washington Post
 If you don't get it, you don't get it.

lookout online



ASTRID REICKEN/FTWP

▲ “Multilingual subjects had a much easier time than their monolingual counterparts with processing Colbertian—a group of made-up words like ‘shundoe’ and ‘lateep’ that were related only in spirit to Colbert-spawned words like ‘truthiness’ and ‘Lincolnish’—and then people like us reported on them.”

—**AVCLUB.COM** reports on the success of a study that set out to prove people who spoke more than one language would find it easier than those who only spoke one to learn a new, invented language. It wondered “whether this could then be passed off as national news if somehow Stephen Colbert was tangentially involved.”



▲ “Sometimes the truth is different from what actually happened. And then what do you do? For Mike Daisey, the answer is simple: You lie.”

— **WASHINGTONPOST.COM/BLOGS/COMPOST** was entertained by Daisey’s “The Agony and Ecstasy of Steve Jobs,” now playing at Woolly Mammoth, which came under scrutiny after NPR discovered inaccuracies in a portion of the show aired on a “This American Life” segment.



▲ “How will RG3 cope when each pass is dissected on sports talk radio, each comment parsed in the newspapers? With all apologies to the President, playing quarterback for the Redskins might be the toughest job in Washington.”

— Redskins Insider Tarik El-Bashir at **CSNWASHINGTON.COM** is anxious to see how the rookie handles all the attention coming his way as the team starts training camp Thursday.



▲ “Jim Henson you just lost a customer. Just because people don’t think or believe like you do doesn’t mean that you should discriminate against them. [That’s] something that [Chick-fil-A] understands that you obviously don’t.”

— Commenter “secorbust” at **HUFFINGTONPOST.COM/GAYVOICES** doesn’t think the Jim Henson Company’s decision to sever ties with the fast-foot chain over its recent vocal opposition to same-sex marriage sends the right message.

Dream Kitchen GIVEAWAY



Gallery Park in Montgomery County Start Living The Dream from \$264,990.

- 3 bedroom townhomes, 2.5 baths, and garage.
- 3 decorated models now open.
- 3 minutes to I-270.
- **Free Dream Kitchen Giveaway** includes stainless steel appliances, granite countertops, an extended island, undermount sink and designer faucet.*

GalleryParkMD.com

Scan Me To View O'Keefe Model Video ▶



Visit Gallery Park: From I-495 take I-270 north to Exit 18 Rt. 121/Clarksburg Rd. towards Clarksburg. Turn right on Gateway Center Drive. Turn left onto Shawnee Lane to a right on Phillips Street. Follow signs to sales offices.

Metropolitan Collection: 301-875-1929
National Gallery Collection: 301-875-2931

Se Habla Español.

*Free Dream Kitchen included with purchase on new contracts starting June 1, 2012 for a limited time only. See sales manager for details.

Miller & Smith.
ONE VISIT CAN CHANGE EVERYTHING



The Capitol Deal

Today's Deal



Save
50%

Local 16

\$15 for Ticket to All-You-Can-Drink Pig Roast at Local 16 (\$30 Value!)

Join U Street favorite **Local 16** for this special pig roast event featuring all-you-can-drink Peroni drafts!

U Street – Washington, D.C.

This special deal only available for purchase until 11:59pm, 7/26/12. All Capitol Deals must be purchased at thecapitoldeal.com

Get local deals e-mailed to you, for FREE.
thecapitoldeal.com

Delivered to you by: **The Washington Post**

puzzles lookout

Horoscope

LEO (July 23-Aug. 22) You're making pre-sumptions that are actually steering you the wrong way. It's time to get your perspective straightened out a bit.

VIRGO (Aug. 23-Sept. 22) Focus on those things that keep you grounded and focused on the goals you have set for yourself. Don't let another push you off course.

LIBRA (Sept. 23-Oct. 22) You may be acting in a manner that sets off alarms for others — but you are confident that you'll be understood in little time.

SCORPIO (Oct. 23-Nov. 21) You have what it takes to compete with the "big boys," but today you still have one or two key lessons to learn — and to apply.

SAGITTARIUS (Nov. 22-Dec. 21) You're in no mood for controversy today, but you must stick by your principles and do and say what demands to be done and said.

CAPRICORN (Dec. 22-Jan. 19) You may be in danger of losing yourself in a situation that you cannot control today. Go to a friend and ask for hands-on assistance.

AQUARIUS (Jan. 20-Feb. 18) You have not been following instructions to the letter, and today that record is likely to catch up to you. Be ready with explanations.

PISCES (Feb. 19-March 20) You can step up to the plate and take a turn at bat for a friend who is out of commission for some reason. You'll acquit yourself well.

ARIES (March 21-April 19) You have a way of taking things to the limit — but today you may be tempted to go even further. Take care you don't become ridiculous!

TAURUS (April 20-May 20) What you are able to accomplish today may be something of a magic act. In any event, your competitors are likely to be baffled.

GEMINI (May 21-June 20) It's time for you to thank someone who has been instrumental in aiding you along a difficult road. Your success is certainly to be shared.

CANCER (June 21-July 22) Take it easy today — but not casually. You needn't rush headlong into difficult situations, but neither must you neglect the obvious.

Scrabble Grams

PAR SCORE 160-170, BEST SCORE 203

A ₁	A ₁	G ₂	H ₄	N ₁	M ₃	N ₁

Triple Word Score

--

 RACK 1

A ₁	I ₁	O ₁	Y ₄	B ₃	P ₃	M ₃

--

 RACK 2

A ₁	A ₁	E ₁	E ₁	F ₄	L ₁	G ₂

--

 RACK 3

A ₁	Y ₄	Y ₄	B ₃	R ₁	B ₃	C ₃

3rd Letter Double

--

 RACK 4

Yesterday's Solution

P ₃	I ₁	L ₁	O ₁	T ₁	E ₁	D ₂
F ₄	O ₁	R ₁	M ₃	A ₁	T ₁	
E ₁	N ₁	D ₂	M ₃	O ₁	S ₁	T ₁
K ₅	I ₁	N ₁	D ₂	E ₁	S ₁	T ₁

 PAR SCORE 150-160

 RACK 1 = 70
 RACK 2 = 11
 RACK 3 = 64
 RACK 4 = 62
 TOTAL 207

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	6	5			2	8		
	8	1		5	9	4		
3		9	4	1	8			5
	7			8		3	4	
9				4				8
	4	8		6			9	
2			1	9	4	5		6
		6	5	7		1	2	
		4	8			9	7	

Yesterday's Solution

3	6	1	9	4	8	2	7	5
4	7	9	3	5	2	8	6	1
8	2	5	6	1	7	9	3	4
1	9	6	4	2	5	3	8	7
5	8	4	7	9	3	1	2	6
2	3	7	1	8	6	5	4	9
7	5	3	8	6	9	4	1	2
6	4	2	5	3	1	7	9	8
9	1	8	2	7	4	6	5	3

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

95 **71**

Today: Breezy and hot today with a thunderstorm. A thunderstorm tonight.

90 **72**

Tomorrow: Mostly sunny tomorrow. A thunderstorm in spots late tomorrow night.

Looking Ahead

THU **94** **FRI** **78** **SAT** **93** **75** **90** **71**

Sun and Moon

Sunrise today: 6:03 a.m.
Sunset today: 8:26 p.m.
Moonrise today: 11:52 a.m.
Moonset today: 11:17 p.m.

Almanac

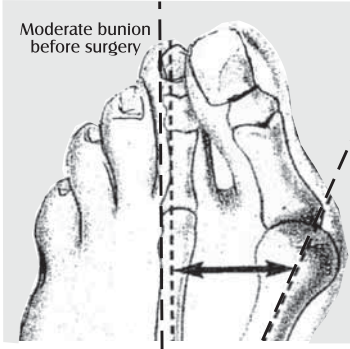
Normal high: 88
Record high: 102
Normal low: 71
Record low: 56

FORECAST BY ACCUWEATHER.COM ©2012

Bothered by Bunions?

If you have a painful bunion, contact the Chesapeake Research Group today. We are looking for qualified individuals to participate in a clinical research study that will evaluate the effectiveness of an investigational pain relieving medication following bunion removal. All procedures will be performed by the Chesapeake Foot and Ankle Center Podiatrists at the Chesapeake Ambulatory Surgery Center in Pasadena, Maryland.

Dr. Ira Gottlieb • Dr. Jenny Nguyen • Dr. Enzo Leone



If you qualify for this study you will receive:

- Surgery at no charge
- Financial compensation
- Lab work at no charge
- Study-related visits at no charge



Contact us today to learn more!

410-761-0118

Email: info@crghmd.com • www.chesapeakeresearchgroup.com

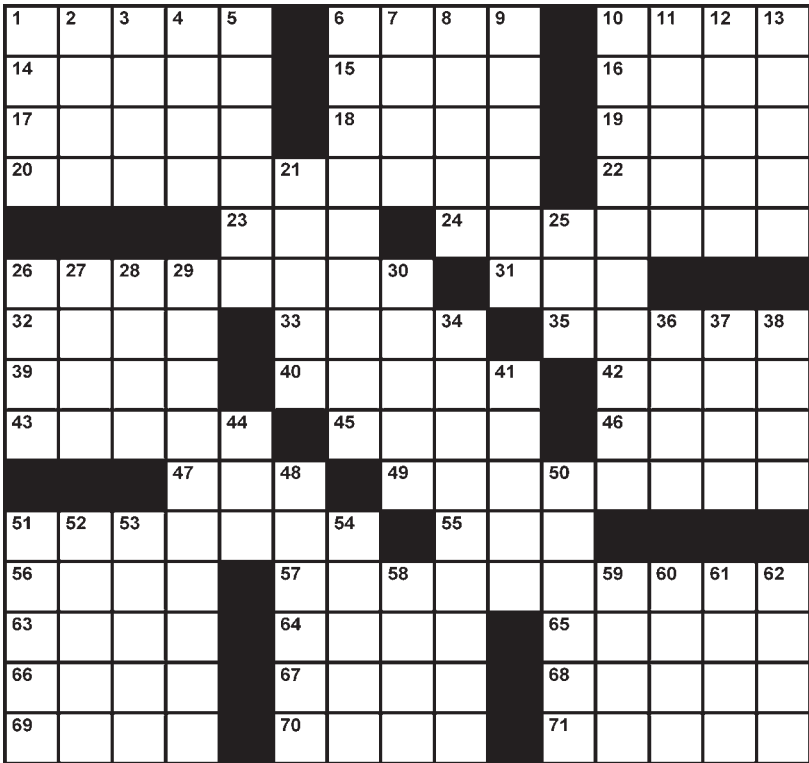
lookout puzzles

Crossword

CASE CLOSED

ACROSS

- 1 Some kind of nut
6 Interruptions of continuity
10 Picnic discards
14 Egg-shaped
15 Troop group
16 Dentist's request
17 Transfer, as at a nursery
18 Be jealous of
19 Toy building block brand
20 Place of pride in a jock's home
22 Chess standoff
23 Poetical twilight
24 Big name in glass or jewelry
26 Some Pentagon personnel
31 Seine's water
32 Beastly character
33 Gym numbers
35 Fashionable necktie
39 Brewpub favorites
40 Spiral-horned African antelope
42 Cyclotron particles
43 Downward measurement
45 Show signs of life
46 Attacker of seals
47 Dubbed one's title
49 Propagate
51 Railroad car with berths
55 White House Web address ending
56 Poker-player's bane
57 Like a thing that can only improve
63 It ain't good
64 Malay nurse
65 One of Donald Duck's nephews
66 Dole (out)
67 Tear out and start over
68 Trumpet part
69 Clairvoyant one
70 Kind of votes a candidate wants
71 Venerated tribe member



EDITED BY TIMOTHY E. PARKER

DO YOU DRINK

- ✓ Drink daily or almost daily ?
- ✓ Are between the ages of 21 and 60?

We are seeking men and women between the ages of 21 and 60 to study whether a medication for smoking cessation (CHANTIX™) may affect drinking (NIH Study #08-AA-0137). Volunteers should be healthy and drug-free. There are no charges for study related tests and evaluations. Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

For more details, call
301-496-7500



Today in History

1847 Mormon leader Brigham Young and his followers arrive in the Great Salt Lake Valley in present-day Utah.

1911 Yale University history professor Hiram Bingham III finds the "Lost City of the Incas," Machu Picchu, in Peru.

1987 Hulda Crooks, a 91-year-old mountaineer from California, becomes the oldest woman to conquer Mount Fuji, Japan's highest peak.

- 2 "Will they ____ learn?"
3 Mafia kingpin
4 Spin like ____
5 Lower, as some "regions"
6 They're out standing in their field?
7 A.D. word
8 Turn around a central point
9 Thoroughly frustrate
10 "Cool" nuclear idea?
11 Drama with music
12 Started
13 Like many northern Christmas morns
21 Be filled with longing
25 "Airplane Flying Handbook" org.
26 Tadpole, grown up

- 27 Eye up and down
28 Ready for use
29 Any Grisham novel
30 Sudden outpouring
34 Goliath's least-favorite weapon
36 It's cut at birth
37 Fairy tale starter
38 Russian leader before 1917
41 Professional slang
44 Kind of pocket or boots
48 Heat up leftovers, e.g.
50 Develop by gradual changes
51 Plant stalks
52 Embankment designed to prevent flooding
53 Society's 400
54 Juliet's beau

- 58 Radioactivity units
59 Mare's offspring
60 "____ Lang Syne"
61 Not prerecorded
62 Look with malicious intent

Yesterday's Solution



express



Editorial: 202-334-6800
Fax: 202-334-9777
Circulation: 202-334-6992
Advertising: 202-334-6732
or ads@readexpress.com
Classifieds: 202-334-6200

GENERAL MANAGER—ARNIE APPLEBAUM | EXECUTIVE EDITOR—DAN CACCAVARO
CREATIVE DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—
HOLLY J. MORRIS, MATT SWENSON | ART DIRECTOR—LORI KELLEY | FEATURES
EDITOR—JENNIFER BARGER | SENIOR EDITORS—KATIE ABERBACH, VICKY HALLETT,
SHAUNA MILLER, KRISTEN PAGE-KIRBY | SECTION EDITORS—RUDI GREENBERG,
BETH MARLOWE, MORGAN SCHNEIDER, SARA SCHWARTZ, HOLLEY SIMMONS, CLINTON
YATES, FIONA ZUBLIN | EDITORIAL DESIGNERS—ADAM GRIFFITHS, MIMI IN, ERNIE
SMITH | COPY EDITOR—ADAM SAPIRO | PRODUCTION SUPERVISOR—MATTHEW LIDDI
PHOTOGRAPHER—MARGE ELY

Founding Publisher — Christopher Ma, 1950-2011

SCREENER TEACHER SALES REP GRAPHIC ARTIST
MAINTENANCE ADMINISTRATIVE ASSISTANT CHIEF ENGINEER
To advertise a job in Express, call 202-334-4100.

people **lookout****EXORCISMS****'She Finally Got My Daughter to Move Out'**

Joan Rivers will host two stand-up shows for the New Orleans Healing Center in August as a favor to friend Sallie Ann Glassman, a self-proclaimed voodoo priestess who rid Rivers' home of malign spirits 15 years ago. "It was unforgettable and extraordinary. Most importantly, it worked," Rivers said of the rituals Glassman performed. (AP)

USUALLY THE OPPOSITE**Grandma Turning Off Her Computer Leads to Chaos**

Katherine Jackson, the mother of Michael Jackson and guardian of his children, is with her daughter Rebbie in Arizona, following a doctor's orders to

"de-stress" and stay away from the phone and computers, her son Jermaine said in a statement late Sunday. A member of the Jackson family had reported the family matriarch missing Saturday. (AP)



KEVIN WINTER/GETTY IMAGES

"It took being married to someone else to know we were meant to be. That, and 'Black Swan.'"

MEAN BUT TRUE**Demi Moore Roadkill on Highway to Inevitable**

Ashton Kutcher and Mila Kunis were seen kissing at a party in Los Angeles on Saturday, according to Usmagazine.com. The "That '70s Show" co-stars were also spotted dining together earlier this month. "Mila was running her hands through Ashton's hair," a source told Us. (EXPRESS)

Sports**Heroic Hair Donor Saves Ego**

New England Patriots wide receiver Wes Welker, 31, has revealed that he underwent hair transplant surgery in June, TMZ.com reports. Welker plans to star in a series of ads for Leonard Hair Transplant Associates, the business that did the honors. (EXPRESS)

**POSSIBLE EXPLANATIONS****She Wanted a Steady Gig With Good Health Benefits?**

Mariah Carey is joining "American Idol" as a new judge. "I am so excited to be joining 'American Idol,'" Carey said Monday. "This kind of all just happened really quickly." Earlier Monday, "Idol" executive producer Nigel Lythgoe said there's a slender chance Jennifer Lopez might return. (EXPRESS)



"We've come to terms with the fact that in every interview we ever do for the rest of our lives, we're going to get asked about 'D* in a Box.'"**

— **ANDY SAMBERG** TELLS PLAYBOY THAT HE AND JUSTIN TIMBERLAKE ARE OK WITH THE FALLOUT FROM THEIR NOTORIOUS "SATURDAY NIGHT LIVE" SKETCH.

express**automobile dealers**

more cars on the net



@washingtonpost.com



LUSTINE DODGE
WOODBRIDGE, VA
1-800-879-4701
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM



SHEEHY HONDA
ALEXANDRIA, VA
7434 RICHMOND HWY

703-660-0100
WWW.SHEEHYHONDA.COM



LEXUS OF SILVER SPRING
SILVER SPRING, MD
2505 PROSPERITY TER. LEXUSOF SILVERSPRING.COM



DARCARS NISSAN
ROCKVILLE, MD
15911 INDIANOLA DRIVE

301-309-2200
WWW.DARCARS.COM



355 TOYOTA
ROCKVILLE, MD
15625 FREDERICK ROAD
KOONS TYSONS TOYOTA
VIENNA, VA
8610 LEESBURG PIKE

301-309-3917
WWW.DARCARS.COM
1-888-505-1137
WWW.KOONS.COM

nine simple numbers

you learned by age 3

play **su | do | ku****express**A Publication of the *The Washington Post*

Get The Washington Post

Delivered daily to your favorite eReader.

When the day's print edition of The Washington Post hits the newsstands, a full, unabridged digital version can be delivered right to your Amazon Kindle, Barnes & Noble Nook or via the online e-Replica edition. No matter how far you are from home, you can always carry The Washington Post with you.



for **e-Replica**, an exact digital replica of the print edition downloadable to your eReader, Mac, PC and smartphone, go to washingtonpost.com and click on e-replica



for **Amazon Kindle**, find Newspapers in the Kindle Store on amazon.com and click on The Washington Post



for **Nook**, go to the Nook newsstand on bn.com and click on The Washington Post

e-Replica edition is \$9.95/month, Kindle and Nook subscriptions are \$11.99/month

The Washington Post
If you don't get it, you don't get it.

e-Replica

amazonkindle

nookcolor
by Barnes & Noble



We believe in God.

We believe that sex is sacred.



We believe in caring for each other.

We believe in using condoms.



**AIDS
2012**

**XIX INTERNATIONAL AIDS
CONFERENCE JULY 22 - 27
WASHINGTON DC USA**

To learn more, please visit our booth in the main exhibition hall or participate in one of our workshops:

**Accountability for Public Funding of HIV/AIDS Programs:
Taking Action to End Funding for Discriminatory Programs**
Wednesday, July 25 11:30 AM — 12:30 PM Mini Room 3

**Good Catholics Use Condoms: Answering the Tough
Questions that Come Up When Discussing HIV/AIDS
Prevention and Religion**
Wednesday, July 25 2:30 — 6:00 PM Mini Room 3

**Booth
#118**

**Scan for
Session
Info**

